

## Swing for that extra weight? Not if you want a future with exercise!

By Daniel "DC" Clarke – DC Tokyo, Tokyo, Japan [titanfitnessjp@gmail.com](mailto:titanfitnessjp@gmail.com)

Time and time again we get the grueling visual of the guy trying to curl his body weight when last week he was struggling with his 25# dumbbells. As I have mentioned, and will continue to, good form is key. You may get some gains from improper form, sure. But you will also greatly increase your risk of injury and almost entirely remove isolation of the group you're working. I am not suggesting that you only do isolation exercises or that your form must be perfect but if you are swinging or your back is arching, please, lower your weight.

Bench- How many of you find your back arching as you attempt to put that 185# one more time. This means you are doing too much weight. Try this. WITH A SPOTTER take the weight in proper form off the rack while laying on your flat bench. Take your legs off the ground and curl them to a 90 degree angle (knees pointed straight up, feet pointing out away from your chest or crossed). Please be sure to have your spot balance for you while you get situated. Then while your feet are still in the air, rep the weight as usual. Please attempt this with much less weight than you usually do, perhaps your warm up weight or lighter. This exercise can be done with either dumbbells or barbell. Having your legs positioned this way will ensure your back is flat on the bench and your chest is isolated. If you can't do 6-8 reps in this position, you're doing too much weight. Always go for sets of 6-8 reps. If you can't do 6 you're doing too much. This is universal in all lifting. Lest you're a champion power lifter, in which case, I'm not sure why you're reading this.

Bicep curl- if you are swinging, arching your back or thrusting with your legs, you're not getting the most out of your exercise. Attempt curling while sitting down I.E. preacher curl or incline curls. If this is too hard, attempt this, Find a flat wall and put your back against it. With your back completely flat, take a slightly wider than shoulder width stance and bend your knees slightly (with any kind of standing exercise it is usually best to keep your knees slightly bent to prevent improper form and to keep your core flexed). While flat on the wall have your spotter hand you a bar bell. Keep the back of your arms flat with the wall, do not allow them to come forward. Try to have them stay tucked next to your sides. When you can no longer bring the weight higher without taking your arms off the wall, negative the bar slowly down. Be sure that you are NOT thrusting with your legs and keep your back flat on the wall. Once again find a weight that is much lighter than normal. Most people don't realize that when they swing they destroy their efforts. This exercise will show you just how strong your biceps actually are.

With any luck this information will become more commonly known as it becomes almost disgusting to see the damage that is caused when lifters arch a little too far. So next time you want to show up superman, stop and remember your form.