

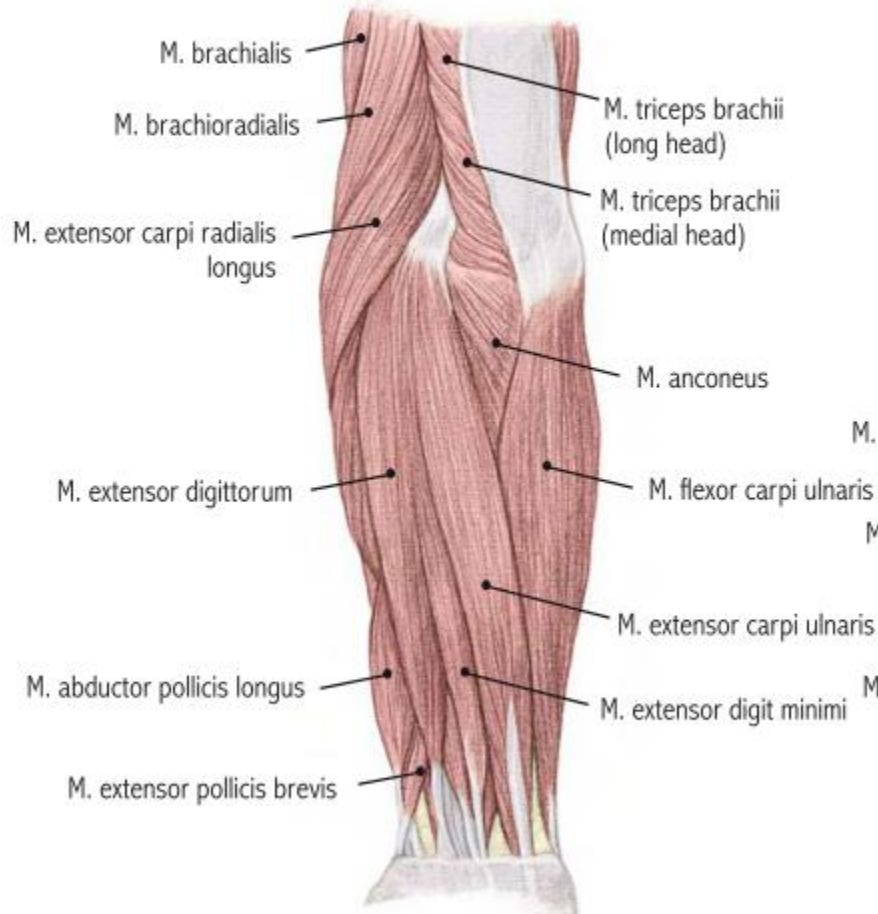
# **Vücut Geliştirme**

**Ön Kollar**

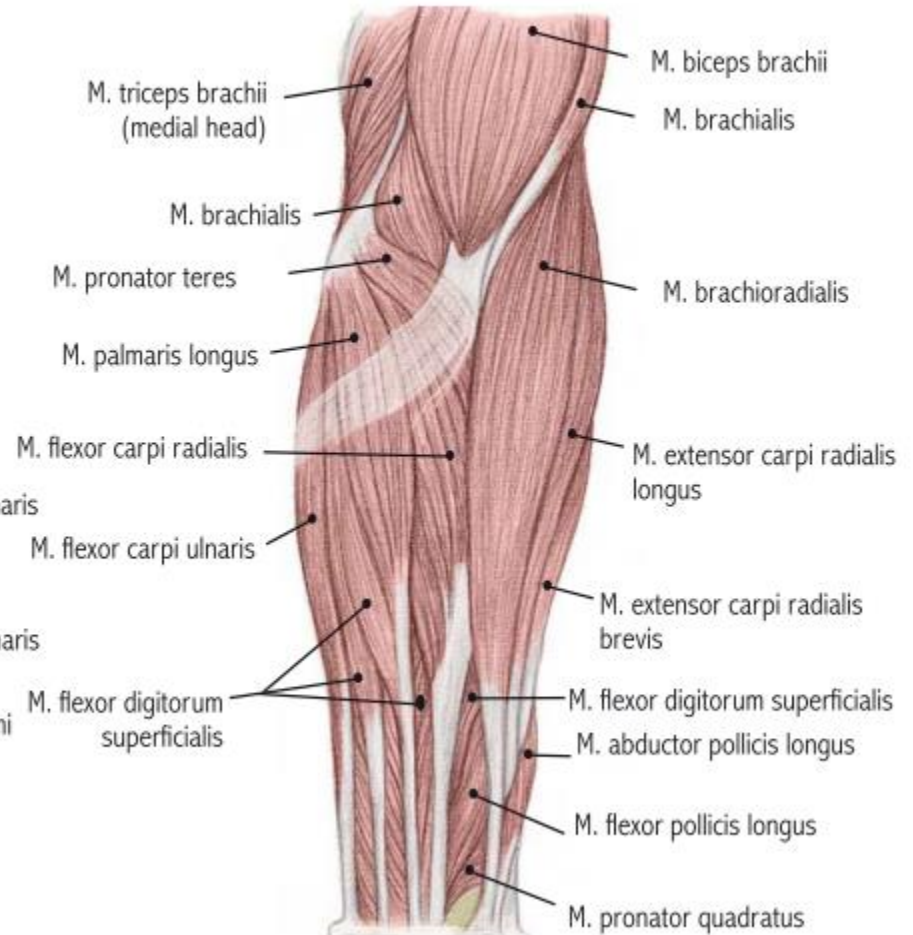
**Spor Bilimleri Anabilim Dalı**

# Ön Kollar

Rear view of superficial muscles



Front view of superficial muscles



# Ön Kollar

1

Forearm,  
Free Weights

## STANDING BARBELL WRIST CURL



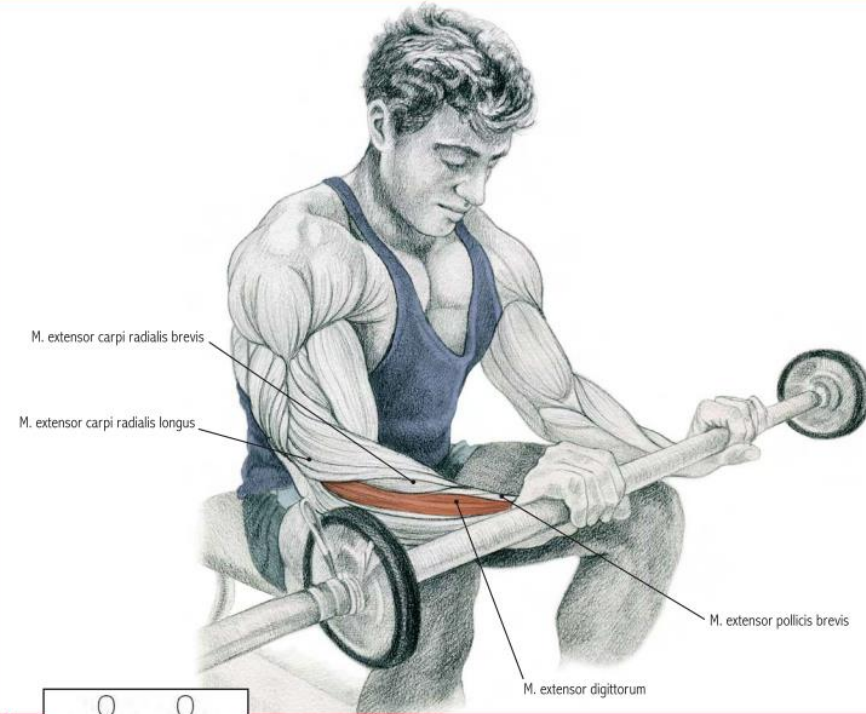
Muscles involved

**MAIN MUSCLES:** flexor carpi ulnaris, flexor carpi radialis and palmaris longus  
**SECONDARY MUSCLES:** finger flexors (deep and superficial, flexor pollicis longus)  
**ANTAGONISTS:** extensor carpi ulnaris, extensor digitorum

2

Forearm,  
Free Weights

## SEATED REVERSE BARBELL WRIST CURL



Muscles involved

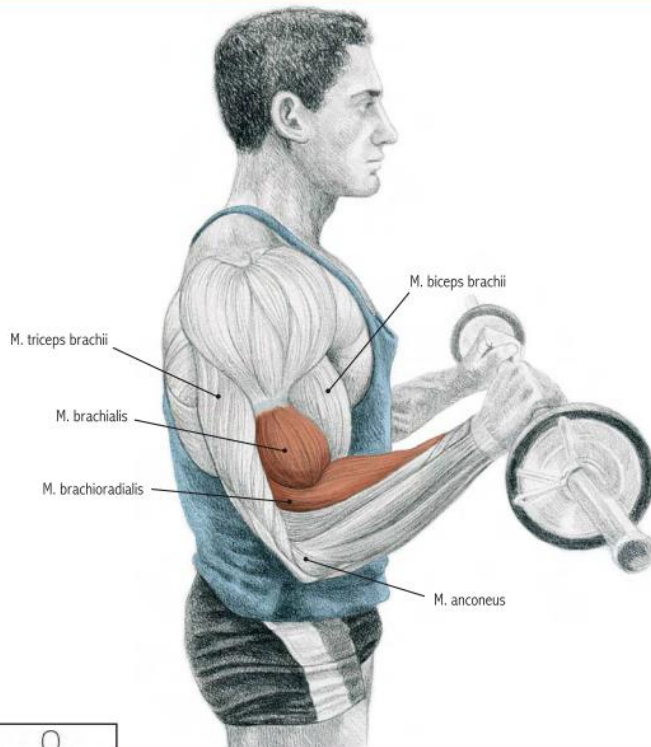
**MAIN MUSCLES:** extensor digitorum  
**SECONDARY MUSCLES:** extensor carpi radialis longus and brevis, extensor indicis, extensor pollicis longus, extensor minimi digiti  
**ANTAGONISTS:** flexor carpi ulnaris, flexor carpi radialis, palmaris longus, finger flexors

# Ön Kollar

3

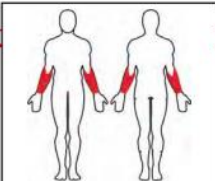
Forearm,  
Free Weights

## REVERSE BARBELL CURL



### Muscles involved

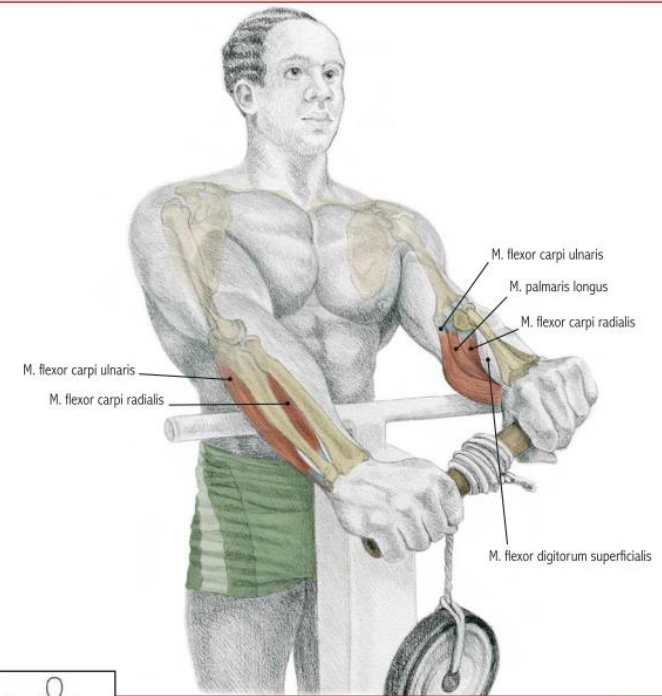
**MAIN MUSCLES:** brachialis, brachioradialis  
**SECONDARY MUSCLES:** pronator teres, biceps  
**ANTAGONISTS:** triceps, anconeus



4

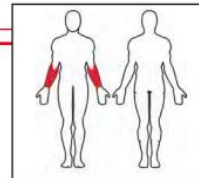
Forearm,  
Free Weights

## WRIST ROLLER



### Muscles involved

**MAIN MUSCLES:** flexor carpi ulnaris, flexor carpi radialis, palmaris longus  
**SECONDARY MUSCLES:** finger flexors (deep and superficial, flexor pollicis longus)  
**ANTAGONISTS:** extensor carpi ulnaris, extensor digitorum

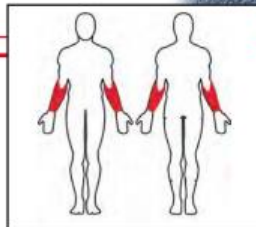
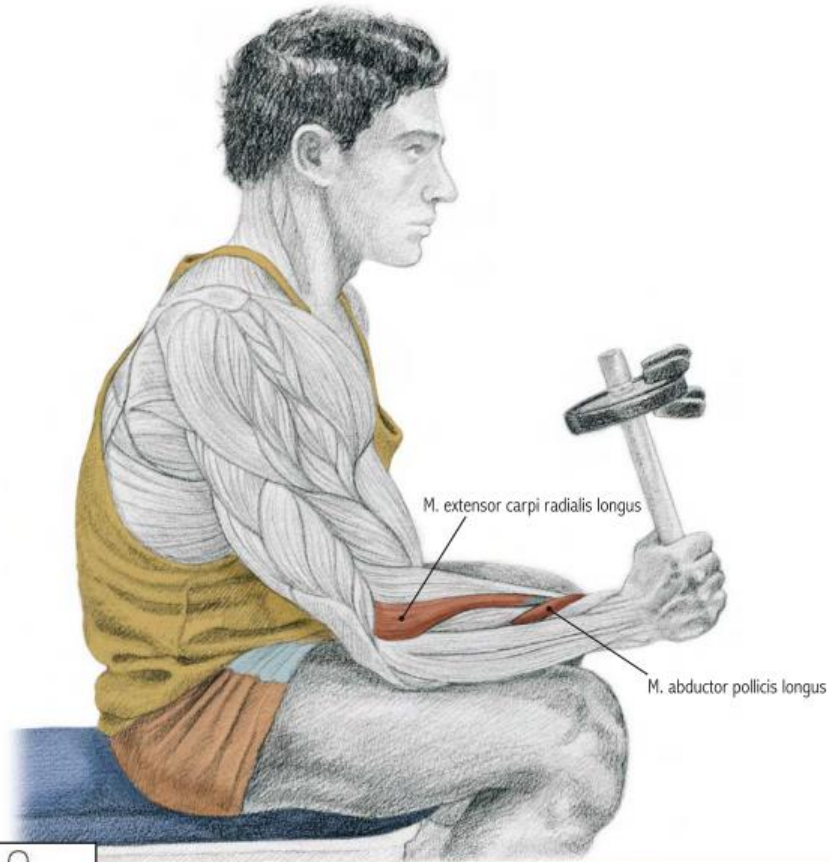


# Ön Kollar

5

Forearm,  
Free Weights

## NEUTRAL DUMBBELL WRIST CURL



### Muscles involved

**MAIN MUSCLES:** extensor carpi radialis longus, abductor pollicis longus

**SECONDARY MUSCLES:** extensor pollicis longus, flexor carpi radialis, flexor pollicis longus

**ANTAGONISTS:** extensor carpi ulnaris, flexor carpi ulnaris