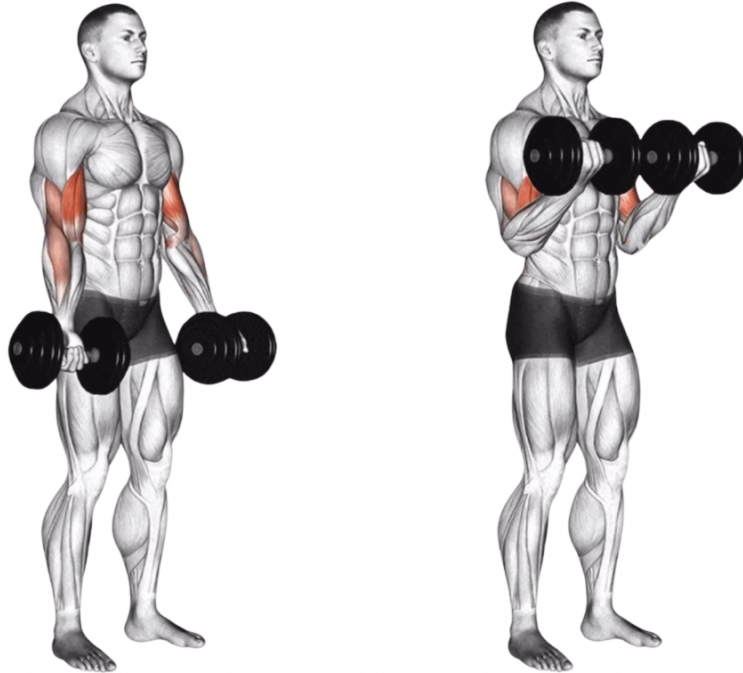


HOW TO PERFORM A STANDING BICEP CURL

MUSCLES WORKED

PRIMARY - BICEPS
SECONDARY - FOREARMS, CORE



Begin in a standing upright position, holding a dumbbell in each hand, with your palms facing forward. Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Make sure to keep your palms facing forward, back straight, and do not shrug your shoulder during the exercise.