Title: Barbell Curls / Standing Biceps Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li>Stand straight holding a barbell with an underhand grip, your hands shoulder width apart and your arms fully extended towards the floor.</li>

<li>Keep your elbows close to your sides.Your palms should be facing away from you. This is the start position.</li>

<li>Keeping your upper arms stationary, curl the barbell forward and up in a smooth arcing motion while exhaling. Only your forearms should move.</li>

<li>Continue upwards until  the bar is at shoulder level with your biceps fully contracted. Hold for a count of one while squeezing your biceps.</li>

<li>Inhale as you return to the starting position.</li>

<li>Repeat.</li>

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