Title: Behind-the-Back Standing Bicep Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Abs

Summary: <ul>

<li>Stand up straight with a flat back and tight core.</li>

<li>Hold a pair of dumbbells in your hands.</li>

<li>Bring your elbow backward to where the dumbbell is side by side with your hips.</li>

<li>Hold your upper arm and elbow here as you curl the dumbbell up.</li>

<li>Pause at the top of the movement and slowly release.</li>

<li>Repeat.</li>

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