Title: Standing Reverse Barbell Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold a barbell with an overhand grip at shoulder width. You can also use a preacher curl bar if you feel too much pressure on the wrists. Stand tall with your chest up and core braced. You will keep your upper arms tight to your sides.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by bringing the barbell up towards your shoulders. Feel the contraction in the biceps and forearms.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause at the top and slowly return to the starting position.</span></li>

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