Title: Dumbbell Bicep Reverse Curls

Primary Muscle Groups: Forearms

Secondary Muscle Groups: Biceps

Summary: <ol>

<li>Stand holding a dumbbell in each hand using an overhand grip.</li>

<li>Your arms should be fully extended and your feet shoulder width apart. This is the starting position.</li>

<li>Keeping your upper arms stationary and your back straight, curl the weights up towards your shoulders exhaling as you do so. Use only your forearms for this movement.</li>

<li>Continue curling the dumbbells up until they are at shoulder level and your biceps are fully contracted.</li>

<li>Hold for a count of one as you squeeze your biceps..</li>

<li>Return to the starting position in a smooth arc, inhaling as you do so.</li>

<li>Repeat.</li>

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