Title: Standing Bicep Cable Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Abs, Forearms

Summary: <ol>

<li>Set up a cable station with a straight bar attachment connected to the low pulley.</li>

<li>Stand close to the station, feet shoulder width apart either side of the pulley.</li>

<li>Grip the bar with a shoulder width underhand grip.</li>

<li>Keep your elbows close to your sides.</li>

<li>Curls your arms upward from the elbows in a smooth arc.</li>

<li>Continue until your forearms are vertical with your palms facing your shoulders. Hold for a count of one while flexing your biceps.</li>

<li>Lower the bar back to the starting position in a smooth motion.</li>

<li>Repeat.</li>

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