Title: Dumbbell Biceps Curl to Shoulder Press

Primary Muscle Groups: Biceps, Shoulders

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding a pair of dumbbells, stand tall with your feet shoulder-width apart. Make sure your core is tight and your chest is up. Begin by curling the weight up towards your shoulders. Keep your upper arms tight at your sides.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once the dumbbells reach your shoulders, twist the dumbbells to have your palms face out. Now, drive the dumbbells overhead.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly, lower the dumbbells to your shoulders. Now, flip them back so your palms are facing you. With arms tight at your sides, lower the dumbbells to the starting position.</span></li>

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