Title: Seated Alternating Incline Bench Dumbbell Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Abs, Forearms

Summary: <ol>

<li>Set up an incline bench at 45 degrees.</li>

<li>Holding a dumbbell in each hand, sit on the bench, keeping your shoulders and back firmly against the back rest.</li>

<li>Put your arms down by your side with your palms facing in to your body.</li>

<li>Slowly curl your arms up, rotating your wrist outwards (thumbs pointing away from your body) until the dumbbell is level with your shoulders. (Your palms should be facing your shoulders)</li>

<li>Flex or squeeze your bicep at the top of the movement and hold for a count of one.</li>

<li>Slowly lower the dumbbells back to the start position, turning your palms back in to your body. Repeat.</li>

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