Title: Seated Dumbbell Bicep Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li>Sit on a flat bench holding a dumbbell in each hand  with an underhand grip.</li>

<li>Keep your back straight and shoulders back.</li>

<li>Keep your arms fully extended with your elbows close to your sides.</li>

<li>Rotate your palms so that they are facing in towards you. This is the start position.</li>

<li>Keeping your upper arms upper arm stationary, start to curl the dumbbells upwards in a smooth arc.</li>

<li>As you curl the dumbbells upwards rotate your wrists, so that your palms  face in towards you at the end of the movement.</li>

<li>Continue the movement until  the dumbbells 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 start position, rotating your wrists back to an underhand grip position.</li>

<li>Repeat.</li>

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