Title: Seated Dumbbell Concentration Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li>Sit on a flat bench with your legs spread, knees bent and your feet flat on the floor with a dumbbell between your feet.</li>

<li>Use either arm to pick the dumbbell up and hold it with an underhand grip.</li>

<li>Place the back of that upper arm on the top of your inner thigh on the same side. Your palm should be facing away from your thigh.</li>

<li>Keep your arm fully extended downwards without letting the dumbbell rest on the floor. This is the start position.</li>

<li>Curl the dumbbell forward and up in a smooth arc, contracting your biceps and exhaling.</li>

<li>Continue curling the dumbbell upward until your biceps are fully contracted and the dumbbell is at shoulder level.  Hold for a count of one while squeezing your biceps.</li>

<li>Return to the start position in a controlled, smooth arc inhaling as you do so. Do not swing the dumbbell down.</li>

<li>Repeat for all the repetitions for that arm then switch and repeat the movement with your other arm.</li>

</ol>