Title: Standing Dumbbell Bicep Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Abs, Forearms

Summary: <ol>

<li>Holding a dumbbell in each hand, stand with your feet shoulder width apart.</li>

<li>Let your arms hang by your side with your palms facing in to the side of your body.</li>

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

<li>Curl the dumbbells up towards your shoulders, rotating your forearms. Do not swing your hips to get the weight moving.</li>

<li>Continue raising the dumbbells until they are level with your shoulders with your palms facing in. Your forearm should be in a vertical position.</li>

<li>Squeeze or flex your bicep and hold for a count of one.</li>

<li>Slowly lower the dumbbells to the starting position.</li>

<li>Repeat.</li>

</ol>