Title: Standing Dummbell Bicep Hammer Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li>Stand straight holing a dumbbell in each hand with a neutral grip.</li>

<li>Keep your arms fully extended with your palms facing in to your sides.</li>

<li>Keep your elbows tucked in to your sides. This is the start position.</li>

<li>Keeping your upper arm stationary, exhale and curl the dumbbells up towards your shoulders.</li>

<li>Continue  raising the dumbbells until your biceps are fully contracted and the dumbbells are at shoulder level.</li>

<li>Hold for a count of one and squeeze your biceps.</li>

<li>Return to the start position in a smooth movement, inhaling as you do so.</li>

<li>Repeat.</li>

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