Title: Static Bicep Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Abs

Summary: <ul>

<li>Stand up straight, holding a pair of dumbbells.</li>

<li>Curl the left dumbbell up, pausing midway to your shoulder, and holding it there.</li>

<li>Now curl the right dumbbell all the way to the top of the movement.</li>

<li>Complete half the set with the right arm then switch. Hold your right dumbbell at midway while curling all the way up with your left.</li>

<li>Switch again with both sides to finish the set.</li>

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