Title: Resistance Band Bicep Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding the handles of the band in each hand, tighten your abdominals and straighten your lower back. Keep your chest up and gaze forward.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using an underhand grip or hammer fist grip, slowly pull the band towards your shoulders. Keep your upper arm in place, moving only your forearms.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once you reach the top of the movement, pause, and slowly lower the band to the starting position. Do not lock out your elbows.</span></li>

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