Title: TRX Suspension Strap Bicep Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Abs, Forearms

Summary: <ol>

<li>Secure a pair of suspension straps. Facing the straps, hold one handle in each handle.</li>

<li>Tighten your core and lower back. Slowly lean backwards and form a straight line with your body.</li>

<li>Extend your arms, keeping a slightly bent elbow. Pull yourself up and towards the straps by curling your arms.</li>

<li>Slowly lower yourself to the starting position while keeping tension in the biceps. Repeat.</li>

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