

# Standing Hammer Curl Video Exercise Guide

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## EXERCISE PROFILE

Target Muscle Group

Biceps

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Exercise Type	Strength
Equipment Required	Dumbbell
Mechanics	Isolation
Force Type	Pull
Experience Level	Beginner
Secondary Muscles	Forearms

TARGET MUSCLE GROUP

# Biceps





# Standing Hammer Curl Instructions

The hammer curl is a great exercise for the biceps and forearms.

1. Grab a pair of dumbbells and stand up with the dumbbells by your sides.
2. With a neutral grip, bend your arms slightly to keep the tension on the biceps.
3. With your palms still facing your body, slowly curl the dumbbells up as far as possible.
4. Squeeze the biceps at the top of the movement, and then slowly lower the weight back to the starting position.
5. Repeat for desired reps.

## Standing Hammer Curl Tips

- Keep the rep timing slow and control the weight for the whole set.