Standing Dumbbell Curl Video Exercise Guide

Categories: Exercise Videos Biceps 3.6M Views



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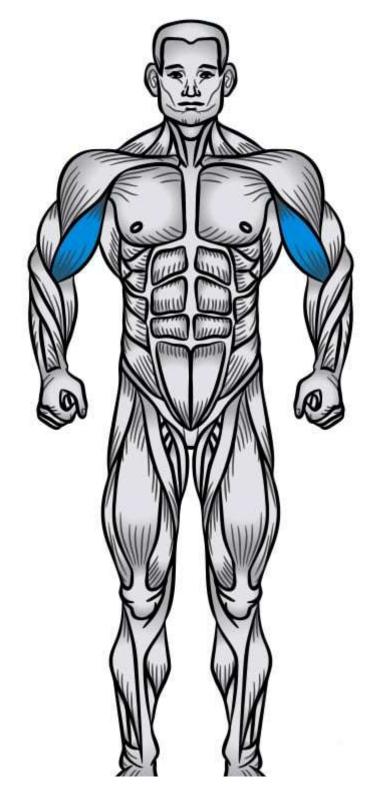
EXERCISE PROFILE

Target Muscle Group

<u>Biceps</u>

Exercise Type	Strength
Equipment Required	Dumbbell
Mechanics	Isolation
Force Type	Pull
Experience Level	Beginner
Secondary Muscles	None

Biceps





Standing Dumbbell Curl Instructions

- 1. Assume the starting position for the standing dumbbell curl by grasping a pair of dumbbells and standing straight up, feet together, and dumbbells by your side. The dumbbells should not be touching your body.
- 2. Your palms should face upwards.
- 3. Take up the slack by bending the elbows slightly. Tension should be on the biceps.
- 4. Slowly curl the dumbbells up as far as possible.
- 5. Squeeze the biceps hard, and then slowly lower the dumbbells back down to the starting position.
- 6. Repeat for desired reps.

Standing Dumbbell Curl Tips

- The tension should be on the biceps at all times. Do not let them "hang" at the bottom of the exercise.
- Keep the rep timing slow and control the weight throughout the set.
- Do not let the dumbbells touch your body.
- And finally, do not swing the body back as you curl up the weight. The body should stay fixed throughout the movement. Focus on only moving your forearms.