Standing Hammer Curl Video Exercise Guide

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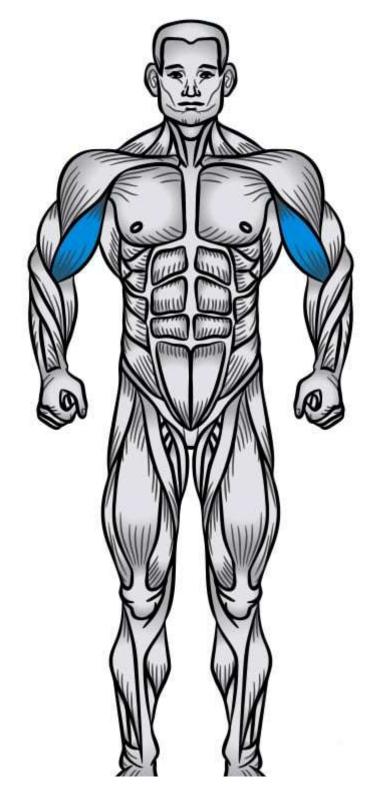
EXERCISE PROFILE

Target Muscle Group

<u>Biceps</u>

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

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.