Barbell Wrist Curl

1)Sitting on a bench, grab a barbell with your palms facing up and your hands shoulder-width apart. \n\n

2)Rest your forearms on your thighs and allow your wrists to hang over your knees. \n\n

3)Perform the movement by curling your palms and wrists towards your face. \n\n

4) Pause for a moment in the top position, then slowly return the barbell to the starting position. \n\n