**Dumbbell Biceps Curl**

**Equipment**: Dumbbells

* Start with a dumbbell or resistance band that lets you do 8–12 reps comfortably but not too easily.
* Increase the weight by about ½ kg (or move to the next band) every 3 months if it feels too easy.

**Instructions:**

1. Starting Position:

* Stand tall with feet hip-width apart.
* Hold a dumbbell in each hand with palms facing forward (supinated grip).
* Keep your shoulders relaxed and arms extended down by your sides.

1. Curl the Dumbbells Up:

* Engage your core and keep your elbows close to your torso.
* Bend your elbows and lift the dumbbells toward your shoulders in a smooth, controlled motion.
* Only your forearms should move; the upper arms remain stationary.

1. Lower the Dumbbells:

* Slowly lower the dumbbells back to the starting position, maintaining control.
* Avoid dropping the weights quickly—keep tension on your biceps throughout.

1. Repeat:

* Perform the desired number of repetitions, ensuring proper form on each rep.

**Tips for Proper Form:**

* Keep your wrists straight and avoid bending them backward.
* Do not use momentum—control the weight at all times.
* Keep shoulders down and back to prevent shrugging.
* Exhale as you curl up, inhale as you lower down.