**Dumbbell Hammer 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 upright with your feet hip-width apart.
* Hold a dumbbell in each hand with a neutral grip (palms facing your thighs).
* Keep your elbows close to your torso and shoulders relaxed.

1. Curl the Dumbbells Up:

* Engage your biceps and exhale as you bend your elbows, lifting the dumbbells toward your shoulders.
* Keep your palms facing inward throughout the movement.
* Avoid using momentum—focus on controlled movement.

1. Pause at the Top:

* When the dumbbells reach shoulder level, squeeze your biceps and hold for a second.

1. Lower the Dumbbells Down:

* Inhale and slowly lower the weights back to the starting position, maintaining control.

1. Repeat for the desired number of reps.

**Tips:**

* Keep your wrists straight and avoid bending them.
* Control the movement—avoid swinging or using momentum.
* Keep your core engaged to maintain stability.
* Use a full range of motion—fully extend your arms at the bottom for maximum effectiveness.