**Resistance Band Biceps Curl**

**Equipment**: Resistance Bands

* 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. Setup:

* Step on the resistance band with both feet, ensuring it's secure. Hold the other end of the band in both hands with an underhand grip (palms facing upwards).

1. Starting Position:

* Stand tall with your chest out, shoulders relaxed, and engage your core.

1. Bicep Curl:

* Take a deep breath in as you prepare to perform the curl.
* Slowly bend your arms at the elbows, curling the band towards your shoulders. Ensure your elbows remain close to your sides and do not move forward or backward during the movement. Your wrists should be slightly higher than your elbows at the top of the curl.

1. Pause:

* Hold the contracted position for a moment, feeling the tension in your biceps.

1. Lower the Band:

* As you exhale, slowly extend your arms back to the starting position, controlling the resistance throughout the movement.

1. Repeat:

* Perform the desired number of repetitions, maintaining good form throughout.

**Tips for Resistance Band Biceps Curl:**

* Keep your back straight and shoulders relaxed throughout the exercise to avoid strain.
* Perform the curls slowly and with control. Avoid using momentum to lift the band; focus on the biceps doing the work.
* Do not fully lock your elbows at the bottom of the curl. Maintain a slight bend to keep tension in the biceps.
* Exhale while curling the band up and inhale as you lower it back down to maintain a steady breathing pattern.
* If the band is too easy or too difficult, adjust the length of the band under your feet to increase or decrease resistance.
* Keep your core muscles engaged to stabilize your body during the exercise.