**Resistance Band Hammer 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. Stand tall and step onto the center of the resistance band, holding one end in each hand with your arms at your sides.
2. Keep your elbows close to your body and your palms facing each other (neutral grip).
3. Curl the ends of the band toward your shoulders by bending your elbows, while keeping your upper arms stationary.
4. At the top of the movement, squeeze your biceps briefly to maximize muscle engagement.
5. Lower your hands back down in a slow and controlled manner, resisting the band's tension.
6. Repeat for the desired number of repetitions.

**Tips:**

* Choose the Right Resistance: Select a band that provides enough resistance to challenge you but allows you to maintain good form.
* Maintain Good Posture: Keep your core engaged, shoulders back, and avoid leaning or swinging your body during the curl.
* Control the Movement: Focus on both the upward and downward phases of the curl to ensure full muscle engagement.
* Breathe: Exhale as you curl the band up and inhale as you lower it down.
* Warm-Up: Consider doing a light warm-up to prepare your muscles before performing the exercise.