

Bicep Curl



- Stand with your feet about shoulder width apart, knees slightly bent. Hold the dumbbells with your palms forward
- Pin your elbows to your side and keep them there throughout the motion
- Tighten your abdominal muscles, and hold them tight throughout the exercise
- Without swinging the weight, bend your arms as far as you can without moving your elbows. Any movement beyond that makes the exercise less effective
- Lower the weight to the start position slowly and repeat
- To help you keep your form, lean against a wall, knees bent, and place your elbows against the wall. The reminder of the wall on your elbows helps keep you from swinging the weight

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
