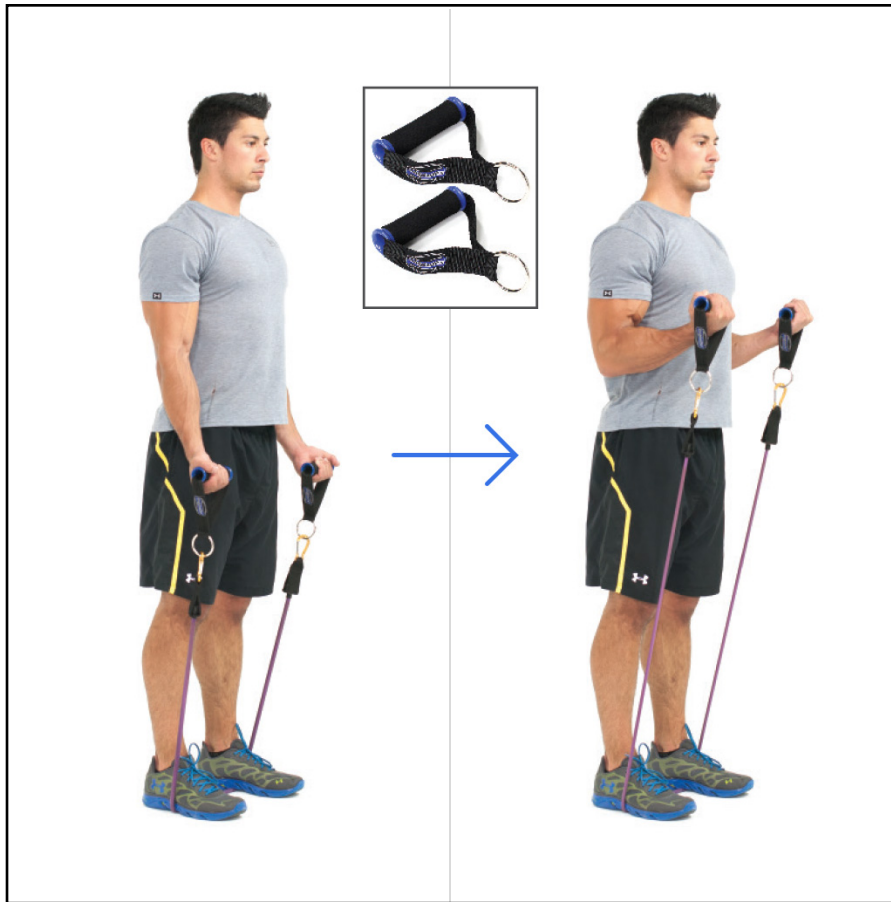


## Biceps Curls With Bands

Area Targeted: Biceps



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=PXLf190qe3M>

### INSTRUCTIONS:

#### SET UP:

**Anchor:** Not required

**Bands:** Attach a handle to each end of the band(s).

**Body Positioning:** Stand on the band(s) hips width apart. Now take a handle in each hand and stand up straight. Keep your back straight, head straight, chest up and stomach tight. Start with your arms straight down with palms facing forward, and elbows tight to your sides.

#### MOVEMENT:

Pull the handles up and bend your arms until your hands are at chest height.

#### POINTS TO REMEMBER:

1. Keep your elbows stationary at your sides, do not let them move forward and back during the movement.