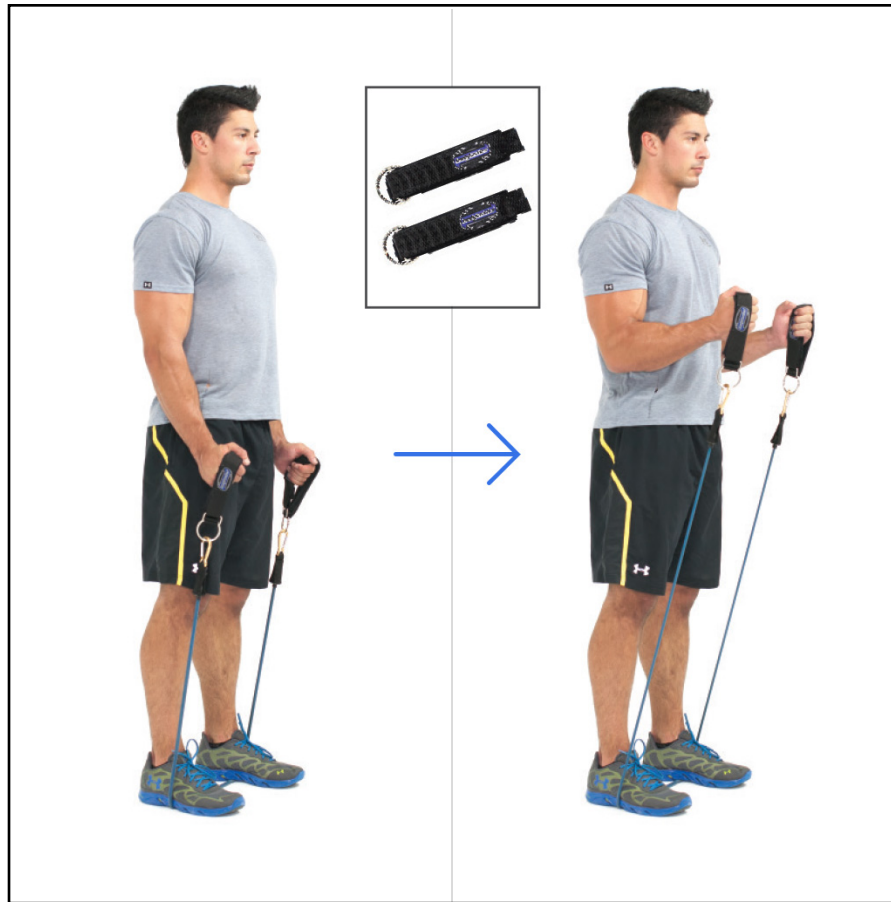


Hammer Curls With Bands

Area Targeted: Biceps



FIND THIS EXERCISE ON YOUTUBE: https://www.youtube.com/watch?v=KlqRZEF_Aqg

INSTRUCTIONS:

SET UP:

Anchor: Not required

Bands: Attach a closed ankle strap to each end of the band(s) and grip the loop of a strap with each hand. Your fingers should be inside the loop, and thumb on the outside.

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

MOVEMENT:

Pull the ankle straps or 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.