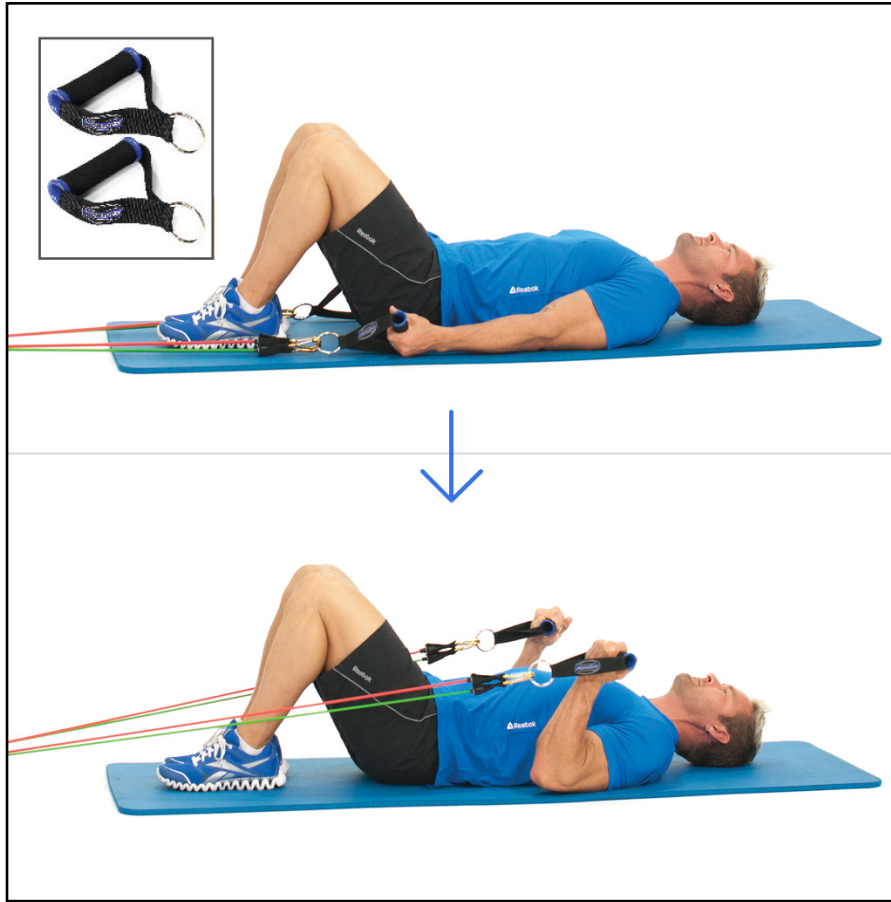


# Lying Biceps Curl With Bands (Arms Down)

Area Targeted: Biceps



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=W1-FgLqZZr0>

## INSTRUCTIONS:

### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at the bottom of the door.

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

**Body Positioning:** Grip a handle in each hand and lay on your back with your feet 1 to 2 feet away from the door. Your knees should be up and feet flat on the floor. Start with your arms straight and tight to your body with palms facing up.

### MOVEMENT:

Pull the handles and bend your arms until your hands are directly over your chest.

### POINTS TO REMEMBER:

1. Keep your upper arms down against the floor during the entire movement.