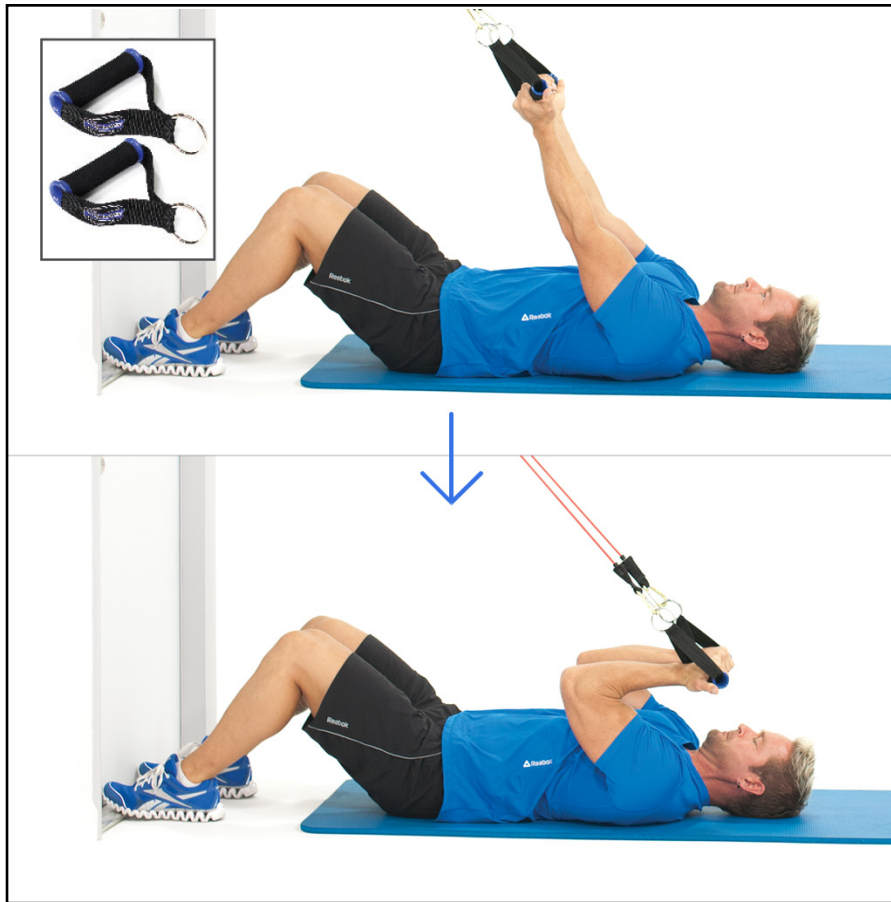


Lying Biceps Curl With Bands (Arms Up)

Area Targeted: Biceps



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=XDgtHlwW5Y>

INSTRUCTIONS:

SET UP:

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

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

Body Positioning: Grip a handle with each hand and lay on the floor with your knees bent, feet flat on the floor, and your toes touching the door. Your arms should be straight, pointed towards the door anchor with your palms facing up.

MOVEMENT:

Pull the handles down and bend your arms until your hands are right in front of your face.

POINTS TO REMEMBER:

1. Keep your upper arms pointed towards the door anchor throughout the movement.
2. Be sure to fully bend and straighten your arm during each repetition.