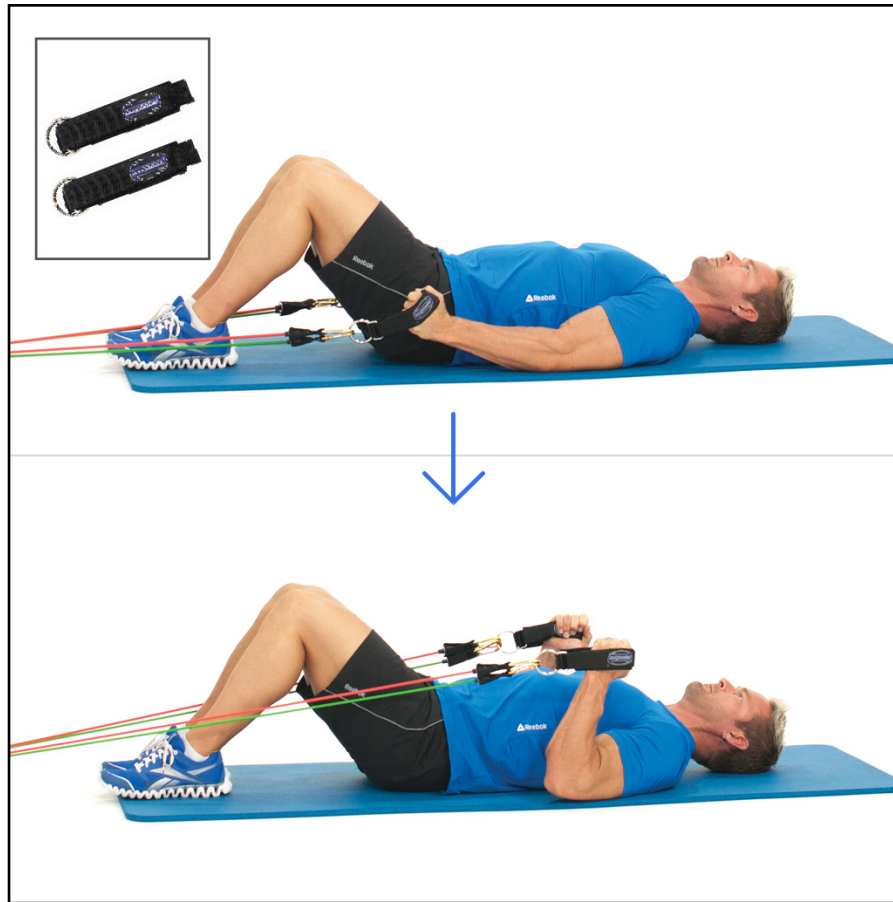


# Lying Hammer Curl With Bands (Arms Down)

Area Targeted: Biceps



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=CH3wStq1m0A>

## INSTRUCTIONS:

### SET UP:

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

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

### MOVEMENT:

Pull the ankle straps or handles and bend your arms until your hands are right above your chest.

### POINTS TO REMEMBER:

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