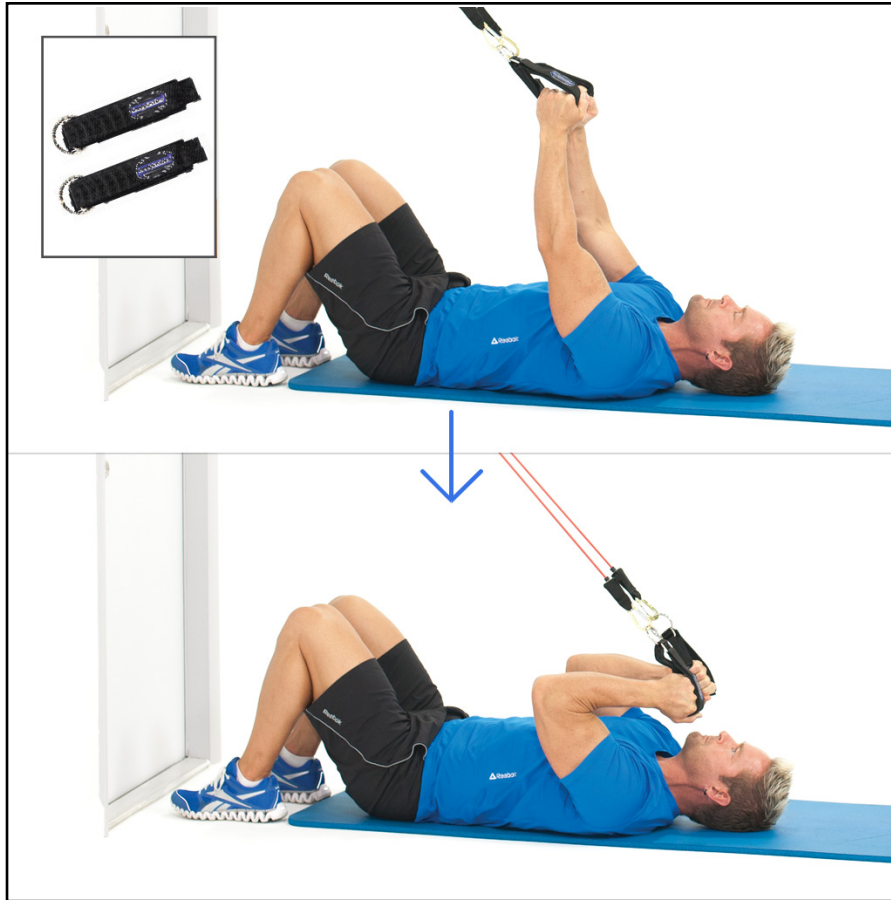


## Lying Hammer Curl With Bands (Arms Up)

Area Targeted: Biceps



**FIND THIS EXERCISE ON YOUTUBE:** [https://www.youtube.com/watch?v=IQXP6d\\_8oPo](https://www.youtube.com/watch?v=IQXP6d_8oPo)

### INSTRUCTIONS:

#### SET UP:

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

**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:** Lay on the floor, facing the door with knees bent, and your feet flat on the floor, toes touching the door. Position your arms so that they are straight, pointed towards the door anchor with palms facing in.

#### MOVEMENT:

Pull the ankle straps or handles and bend your arms until your hands are by your face.

#### POINTS TO REMEMBER:

1. Keep your upper arms pointed towards the door anchor during the entire movement.