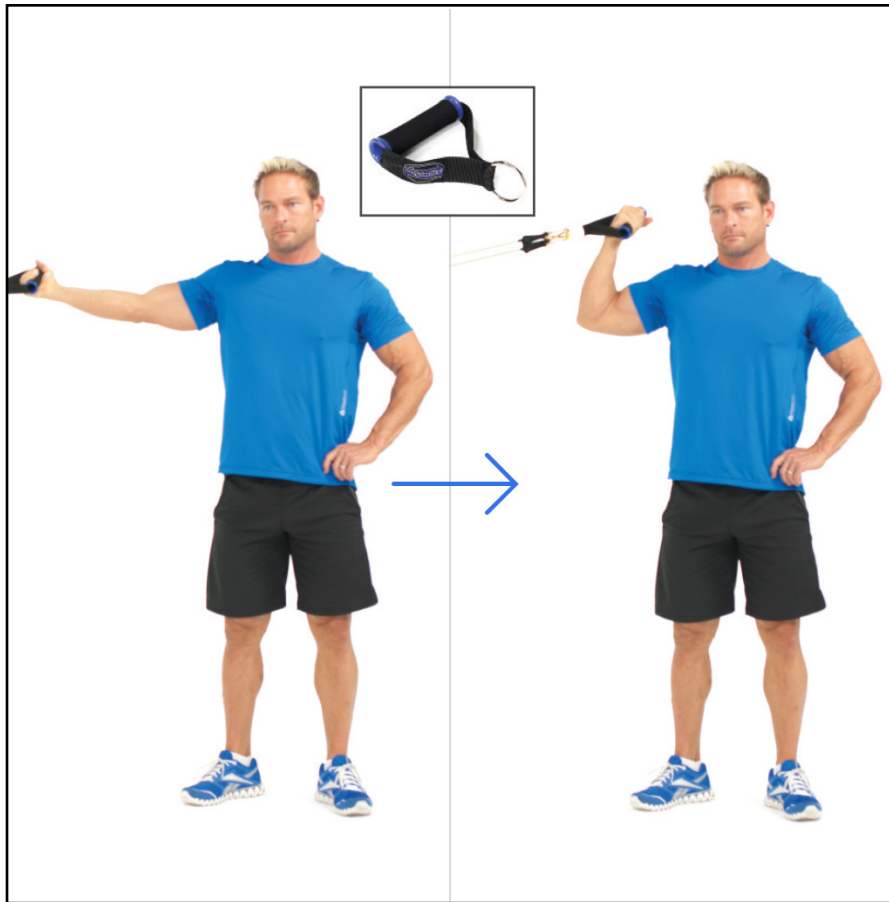


Side Biceps Curls With Bands

Area Targeted: Biceps



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

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at chest height.

Bands: Attach both ends of the band(s) to one handle, and grip the handle with one hand.

Body Positioning: Stand with your side to the door (the side with the active arm) far enough away from the door so that the band is starting to stretch when your arm is up. Your active arm should be straight, parallel with the floor and palm up. Place your inactive hand on your hip.

MOVEMENT:

Pull the handle and bend your arm until your hand is above your upper arm.

POINTS TO REMEMBER:

1. Keep your upper arm parallel with the floor throughout the movement.