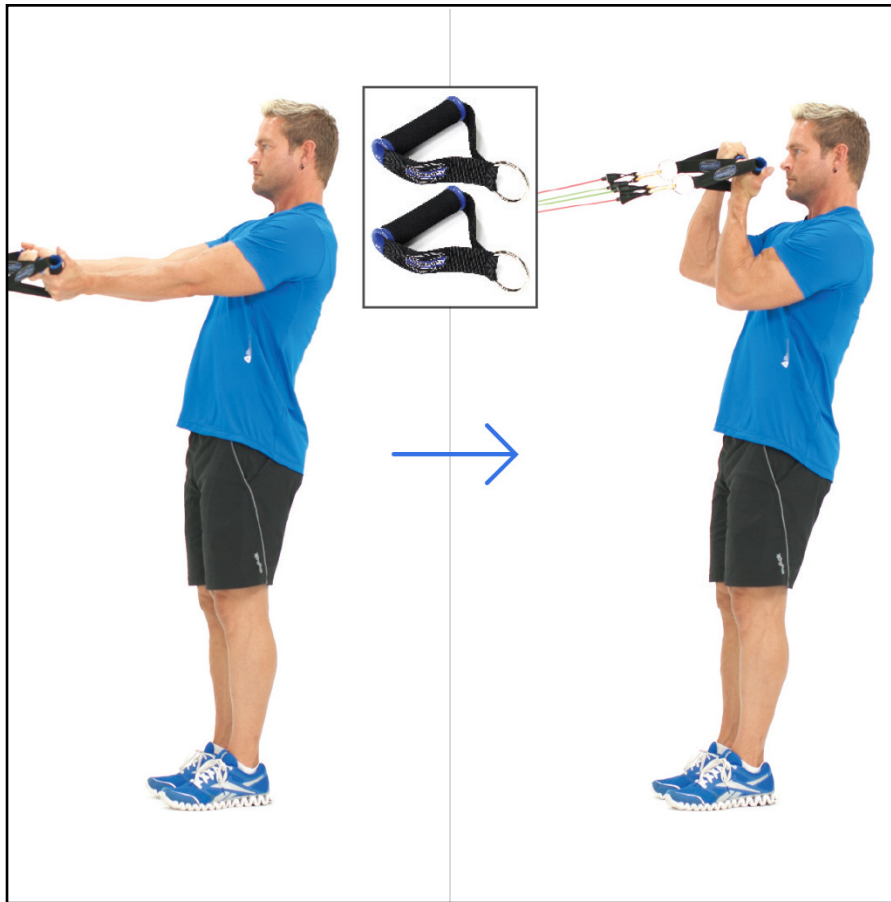


Standing Biceps Curl With Bands (Arms Up)

Area Targeted: Biceps



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=OitrXML3GO8>

INSTRUCTIONS:

SET UP:

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

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

Body Positioning: Grip a handle in each hand and stand about 3 to 4 feet away from the door, facing the door. Keep your back straight, head straight, stomach tight and a slight bend in your legs. Position your arms so that they are straight, pointed towards the door anchor with palms up.

MOVEMENT:

Pull the handles and bend your arms until your hands are almost touching your face.

POINTS TO REMEMBER:

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