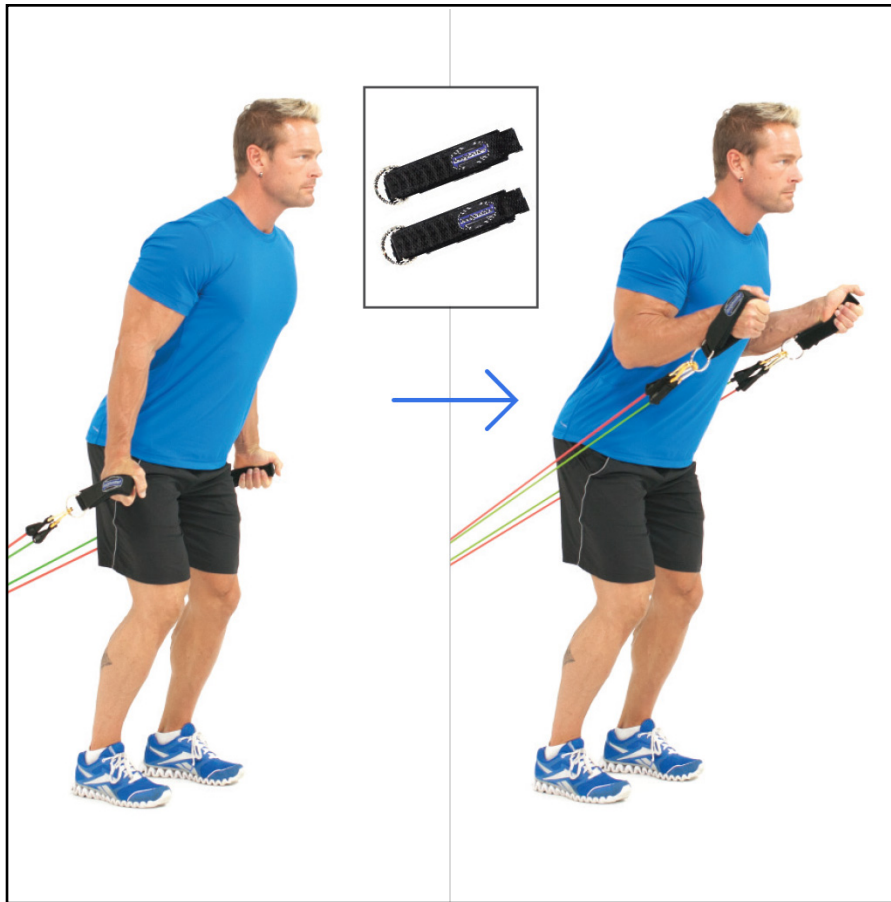


# Standing Hammer Curl (Anchor) With Bands

Area Targeted: Biceps



**FIND THIS EXERCISE ON YOUTUBE:** [https://www.youtube.com/watch?v=x9QWH\\_1AbP8](https://www.youtube.com/watch?v=x9QWH_1AbP8)

## INSTRUCTIONS:

### SET UP:

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

**Bands:** Attach each end of the band(s) to an ankle strap.

**Body Positioning:** Now grip an ankle strap or handle in each hand and stand with your back to the door, 3 to 4 feet away from the door. Keep your back straight, head straight, chest up and bend slightly forward at your waist. Start with your arms inline and tight to your body, palms facing in.

### MOVEMENT:

Pull the ankle straps for handles forward and up, bending your arms until your hands are at Chest height.

### POINTS TO REMEMBER:

1. Keep your elbows stationary at your side, do not let them move forward or back as you bend your arm.