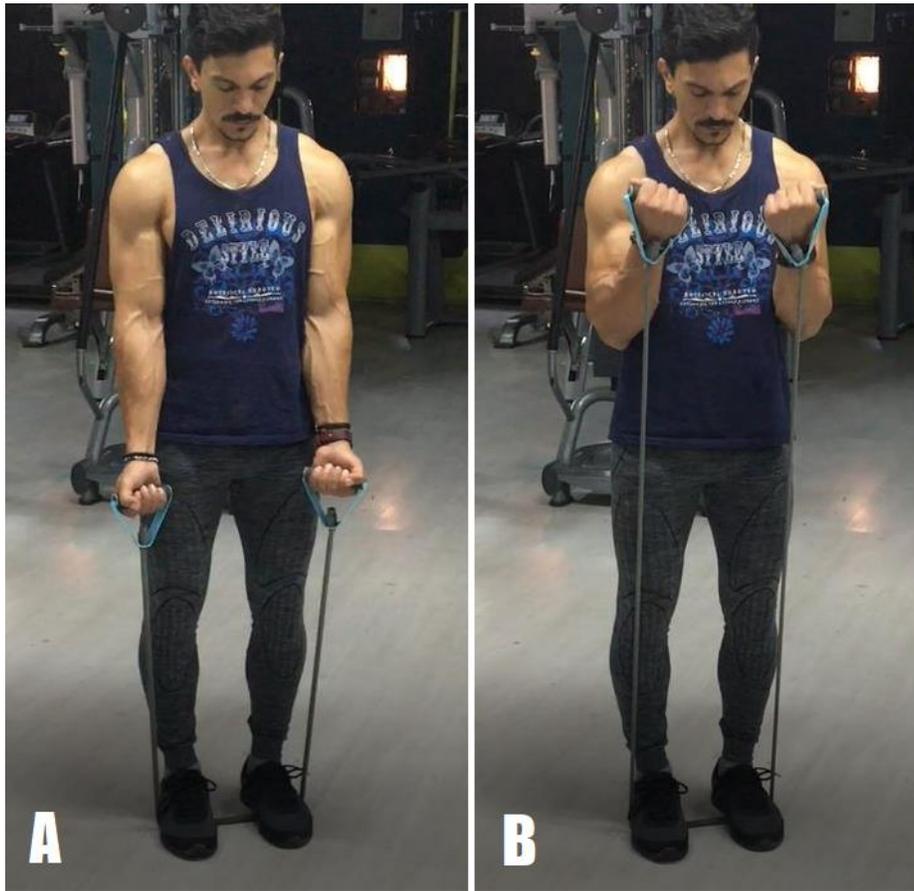


# BAND BICEPS CURLS



1. Stand tall while stepping firm on a resistance band with your feet placed at about hips width apart on the band. Make sure the length of the band is equal on both sides. Grab both arm grips of the band with one in each hand held down at arm's length just at your sides, with the palms of your hands facing forward. Make sure to keep your elbows close to your torso at all times. This will be your starting position.
2. Use your biceps muscles to curl the two arm grips all the way up until your forearms touches your biceps. Only your forearms should be moving up with the arm grips, while keeping your upper arms stationary and your elbows close to your torso throughout the entire movement.
3. Squeeze in your biceps muscles as hard as you can, then slowly bring the arm grips back down to their starting position, while keeping your biceps muscles fully engaged and under constant tension. **Tip:** Make sure to always maintain a straight & upright posture.
4. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** Band Resistance strength can be easily manipulated by simply moving your feet inwards or outwards. You can increase the band strength by moving your feet away from each other to make the band shorter -tougher to curl, or you can decrease the band strength by moving your feet closer to each other and make it longer -easier to curl.

**ALTERNATIVE EXERCISES:** [Standing Dumbbell Curls](#) / [Straight Bar Cable Curls](#) / [Standing Barbell Curls](#)

# BAND BICEPS CURLS

## PRIMARY MUSCLE

Biceps



Biceps

## SECONDARY MUSCLE

Forearms



Forearms

A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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