

BAND 'HIGH' BICEPS CURLS



1. Wrap the exact middle of a resistance band around a doorknob or a stable/firm pillar then stand about an arm's length away from the axis holding the band where you can fully extend your arms while keeping them under tension.
2. Place your right foot firm at your front with your knee slightly bent, and your left leg stretched a couple of feet behind to give you some balance. Take that stance while holding both arm grips of the band with one in each hand, with your arms fully extended and your palms facing up. Make sure to always maintain a straight & upright torso while performing this exercise. This will be your starting position.
3. Now use your biceps muscles to curl the arm grips of the band all the way towards your head until your forearms touch your biceps. Remember to keep your elbows in, your upper arms and your torso stationary (not moving) throughout the entire movement.
4. Slowly return the arm grips all the way back to their starting position, while keeping your biceps muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

CAUTION: Band Resistance strength can be easily manipulated by either moving away from the axis to increase the band's resistance and make it tougher, or by moving closer to the axis to decrease the band's tension and make it easier to pull. This is also a balance and coordination exercise so it's normal for you to also feel your core and legs muscles also getting engaged to keep you balanced and centered. It is normal for you to feel your chest & upper back muscles also getting engaged while performing this exercise.

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

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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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