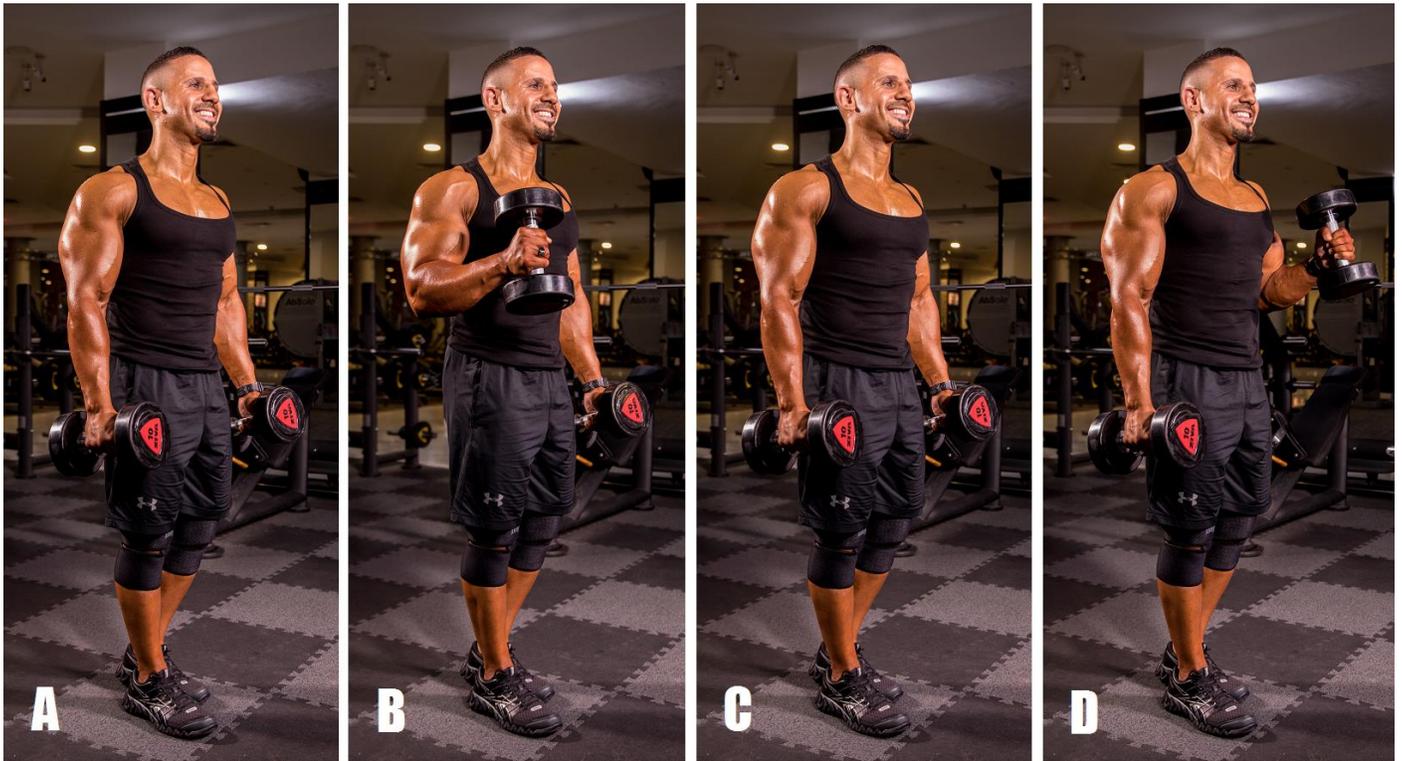


STANDING ALTERNATE HAMMER CURLS



1. Stand tall while holding a pair of dumbbells hanging down at arm's length on each side held in a neutral grip, with the palms of your hands facing inwards. Place your feet at about hips width apart, and always maintain a straight & upright posture while performing this exercise. This will be your starting position.
2. Use your right arm's biceps muscle to curl the weight in your right hand all the way up until your forearm touches your biceps while maintaining a neutral grip (palm facing inwards). Only your forearm should be moving up with the dumbbell, while keeping your upper arm stationary and your elbow close to your torso throughout the entire movement.
3. Squeeze in your biceps muscles as hard as you can, then slowly bring the weight back down to it's starting position, while keeping your biceps muscle fully engaged and under constant tension. **Tip:** Do NOT start curling one arm before your other arm has returned completely back down to it's starting position.
4. Repeat this exact motion with your left arm and that will be considered as a 'single repetition'.
5. Continue alternating in this manner for the recommended amount of repetitions.

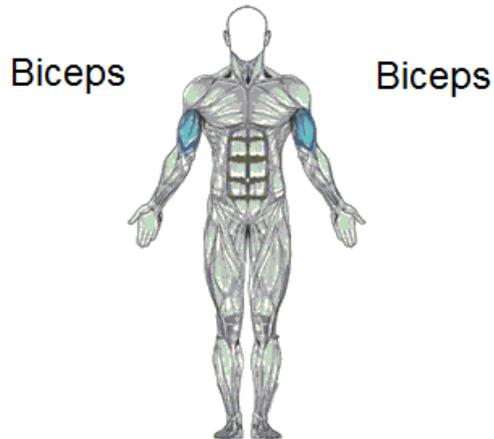
CAUTION: NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting any biceps, forearms, wrists, shoulders and/or lower back injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your biceps muscles -as it should- without tempting you to swing the weights up or cheat by using the rest of your body to help you curl the weights. Pick a lighter set of dumbbells if you ever felt that you can't properly curl the weights without cheating with your body, or if you can't properly execute a full range of motion with full extension & full contraction. It is normal for you to also feel your chest, trapz and lower back muscles getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES:

[Rope Cable Curls](#) / [Standing Hammer Curls](#) / [EZ Barbell Curls \(Close Grip\)](#) / [Machine Preacher Curls](#) / [EZ Preacher Curls \(Close Grip\)](#)

STANDING ALTERNATE HAMMER CURLS

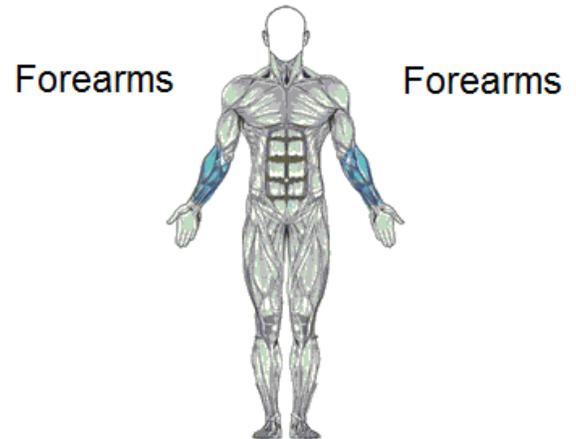
PRIMARY MUSCLE



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.

SECONDARY MUSCLE



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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