

BAND BICEPS CURLS (SINGLE LEG)



1. Stand tall while stepping on the exact center of a resistance band with your right foot just a few inches at your front. Make sure the band length is equal on both sides. Grab both arm grips of the band with one in each hand held down at arm's length just near your thighs. Make sure to keep your elbows close to your torso at all times, with the palms of your hands facing forward. This will be your starting position.
2. Now use your biceps muscles to curl both arm grips all the way up until your forearms touches your biceps. Only your forearms should be moving up with the grips, while keeping your upper arms stationary and your elbow close to your torso throughout the entire movement.
3. Squeeze in your biceps muscle 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.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: Make sure that your foot placement is on the exact center of the band while performing this exercise. If you wish to increase the band resistance, you can simple wrap the band once or twice around your foot to make it shorter & tougher.

ALTERNATIVE EXERCISES: [Band Alternate Biceps Curls](#) / [Band Double Biceps Curls](#) / [Standing Dumbbell 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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