

STANDING 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 biceps muscles to curl both dumbbells all the way up until your forearms touches your biceps, while maintaining a neutral grip with your palms facing inwards. Only your forearms should be moving up with the weights, while keeping your upper arms stationary and your elbows kept close to your torso throughout the entire movement.
3. Squeeze in your biceps muscles as hard as you can, then slowly bring the weights 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: 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, trapezius and lower back muscles getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES: [Rope Cable Curls](#) / [Stead Hammer Curls](#) / [EZ Barbell Curls \(Close Grip\)](#) / [EZ Cable Curls \(Close Grip\)](#) / [EZ Preacher Curls \(Close Grip\)](#) / [Machine Preacher 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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