

STANDING SINGLE ARM HAMMER CURLS



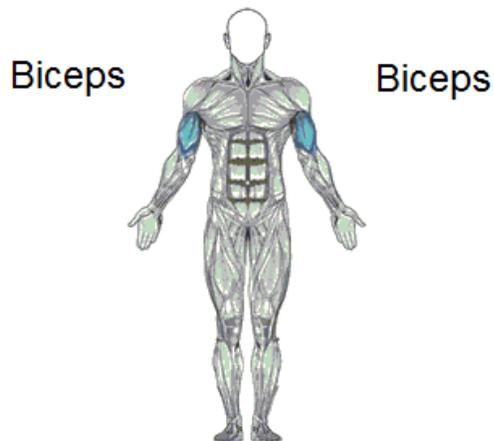
1. Stand tall while grabbing a dumbbell in your right hand held in a neutral grip, with your arm fully extended by your side and with the palm of your hand facing inwards. Your other non-lifting hand should be at your side grabbing your waist to give you some balance, or just kept in a neutral state by your side. Keep 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 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 weight while keeping your upper arm 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 weight back down to its starting position, while keeping your biceps muscle fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch arms then perform the same exact motion for the same amount of repetitions with your other arm.

CAUTION: NEVER use a heavy set dumbbell when performing this exercise to avoid getting any biceps, forearms, wrists, shoulders and/or lower back injury. A proper weighted dumbbell that is not too heavy should have you mostly engage your biceps muscles -as it should- without tempting you to swing the weight up or cheat by using the rest of your body to help you curl the weight. Pick a lighter dumbbell if you ever felt that you can't properly curl the weight 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: [Single Arm Rope Cable Curls](#) / [Seated Single Arm Hammer Curls](#) / [Concentration Hammer Curls](#)

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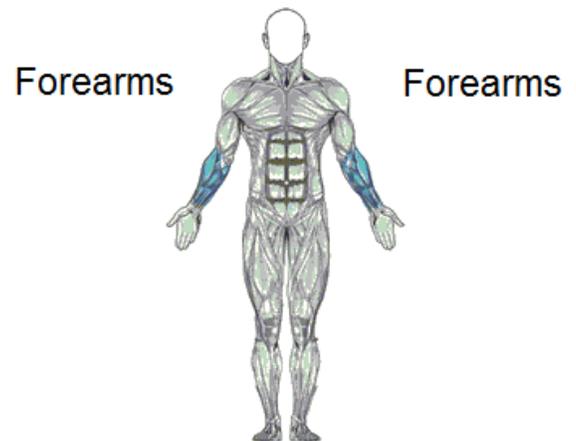
PRIMARY MUSCLE



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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