

DOUBLE BAND BICEPS CURLS



1. Stand tall while stepping on the exact center of a resistance band with your right foot just a few inches at your front. Grab both arm grips of the band in your right hand with your arm held down at arm's length just in front of your right thigh. Make sure to keep your elbow close to your torso at all times, with the palm of your hand facing forward. Your other non-lifting hand should be grabbing your waist to give you balance. This will be your starting position.
2. Now use your right arm's biceps muscle to curl the two arm grips in your right hand all the way up until your forearm touches your biceps. Only your forearm should be moving up with the grips, 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 arm grips back down to their 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 after placing the band under your left foot then perform the same exact motion for the same amount of repetitions with your other arm.

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 simply wrap the band once or twice around your foot to make it shorter & tougher.

ALTERNATIVE EXERCISES: [Band Alternate Biceps Curls](#) / [Standing Single Arm 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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