

# BAND ALTERNATE BICEPS CURLS



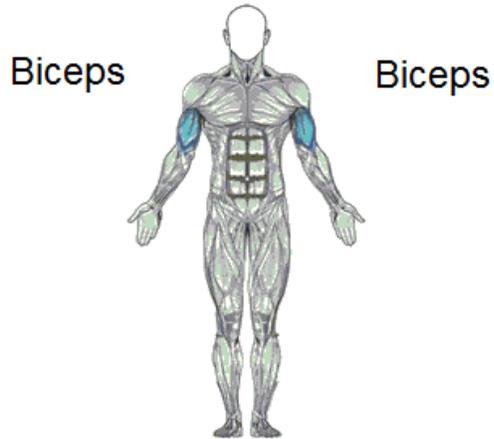
1. Stand tall while stepping firm on a resistance band with your feet placed at about hips width apart on the band. Make sure the length of the band is equal on both sides. Grab both arm grips of the band with one in each hand held down at arm's length just at your sides, with the palms of your hands facing forward. Make sure to keep your elbows close to your torso at all times. This will be your starting position.
2. Use your right arm's biceps muscle to curl the arm grip in your right hand all the way up until your forearm touches your biceps. Only your forearm should be moving up with the arm grip, 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 arm grip back down to its 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 its starting position, and always maintain a straight & upright posture.
4. Repeat the same exact motion with your left arm and that will be considered as a 'single repetition'.
5. Continue alternating in this manner with both arms for the recommended amount of repetitions.

**CAUTION:** Band Resistance strength can be easily manipulated by simply moving your feet inwards or outwards. You can increase the band strength by moving your feet away from each other to make the band shorter -tougher to curl, or you can decrease the band strength by moving your feet closer to each other and make it longer -easier to curl.

**ALTERNATIVE EXERCISES:** [Standing Alternate Dumbbell Curls](#) / [Standing Dumbbell Curls](#)

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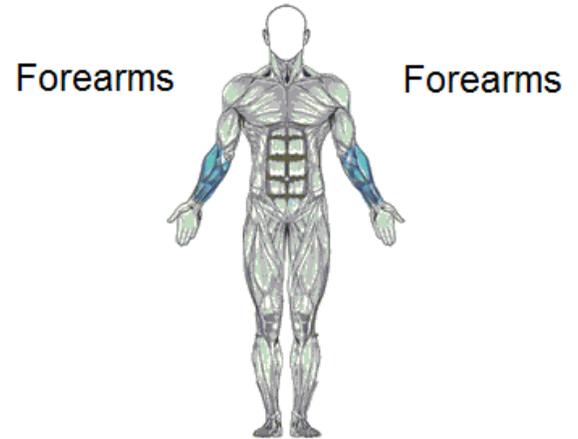
## PRIMARY MUSCLE



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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