Select a straight barbell (shown above) or EZ-curl barbell. Stand with your feet hip distance apart. Bend your knees slightly and tuck your tailbone under to minimize the curve in your lower back. Use an underhand grip on the barbell. Draw your shoulder blades down and back to stabilize your shoulder blades.

Fix your elbows by your sides. Exhale as you lift the barbell upward. Inhale as you slowly lower the barbell back to the starting position. Keep your torso upright throughout the range of motion and do not rock backward during the exercise.