Dumbbell Bicep Curl

Select dumbbells. 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 dumbbells. Alternatively, face the palms toward each other for a hammer curl variation.

Draw your shoulder blades down and back to stabilize your shoulder blades. Fix your elbows by your sides. Exhale as you lift the dumbbells. Inhale as you lower them back to the starting position. Do not rock backward during the exercise.