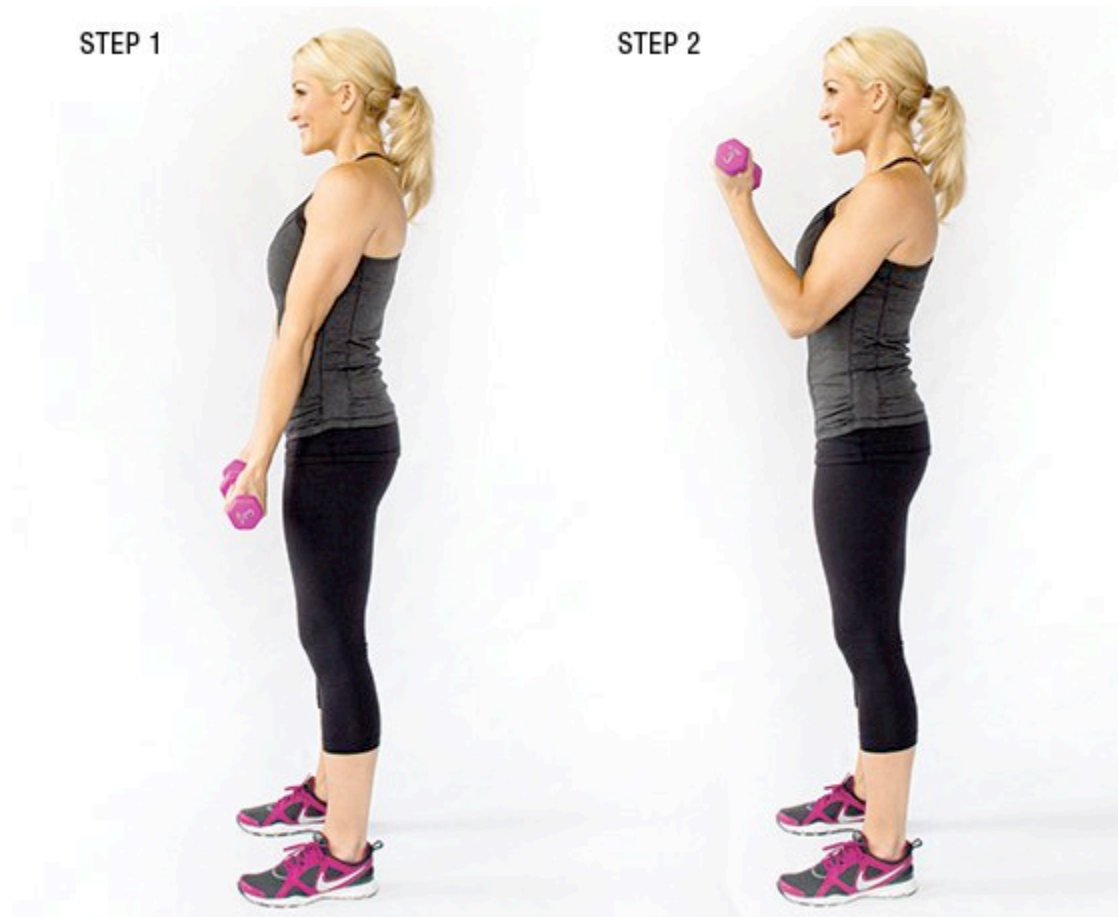


Bicep Curls



Grab a pair of dumbbells and let them hang at arm's length at the edge of your hips. Turn your arms so that your palms face forward.

Tuck your elbows into your sides and bend them, curling the dumbbells up to your shoulders. Make sure your elbows stay stationary and your upper arms do not move. Slowly lower the weights back to your thighs. Your arms should be fully extended at the bottom.