

## Hammer Curl

**Muscles Strengthened:** Front of upper arm (biceps) and upper forearms (brachioradialis)

Unlike regular curls, hammer curls will strengthen your forearms, in addition to your biceps.

### Technique:

This exercise can be done while sitting or standing. If done sitting, make sure that your lower back is firmly against the back of the chair and that your feet are firmly planted on the floor. If done standing, start with your feet shoulder-width apart and your knees slightly bent.

1. Hold the dumbbells at your sides with your palms facing in, and your arms straight but not locked.
2. Slowly raise the dumbbells by bending your elbows, keeping your palms facing each other.
3. Continue lifting, until your elbows are fully bent.
4. Slowly lower the dumbbells, while keeping your palms facing in—as if you were using each dumbbell as a hammer.

Repeat up to 8 to 12 times.

