

# Bicep Curls



**Muscle Group:** Arms (biceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Dumbbell or barbell

## Instructions

1. Choose a set of weights that you feel comfortable using.
2. Start with your arms resting by your side, one weight in each hand, grip facing out.
3. Flex your arms by pulling the weights up towards your shoulders.
4. Then slowly lower your arms and weights back down to your side.
5. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Practice proper form without weights one time before starting your sets with weights.
- Instead of doing both arms at the same time, consider doing one arm at a time, then switch.
- Beginner Tip: Start with 3-5lbs weight and adjust as needed.



Click here or scan the QR Code below to watch video instructions!

