

## ALTERNATING DUMBBELL CURLS



**START POSITION** – Stand upright holding a dumbbell in each hand with the dumbbells positioned at the sides of the body with palms facing forward. Bend knees slightly and keep chest up tall.

**THE MOVEMENT** – Curl one dumbbell upward to shoulder level. Keep your elbow next to your body and do not allow your elbow to move backward. Keep your core muscles tight and do not swing your body to get the weight up to the top position. Lower the dumbbell under control back to the start position while keeping your chest up tall and elbow tight to your body. Perform the same movement with the other arm, and alternate in this fashion until all repetitions are complete. Do not swing the dumbbell to start the next repetition.