

## **DUMBBELL HAMMER CURLS**



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

**THE MOVEMENT** – Curl the dumbbells upward to shoulder level. Keep your elbows next to your body and do not allow your elbows 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 dumbbells under control back to the start position while keeping your chest up tall and elbows tight to your body. Do not swing the dumbbells to start the next repetition.