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# INSTRUCTIONS

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## BANDED BICEP CURL

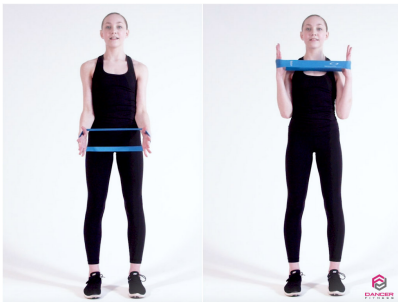
**CATEGORIES:** Power, Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/banded-bicep-curl/>

Arms

Upper Body



### Steps::

- With a band outside of your palms, starting with your hands near your hips, curl your biceps by bending your elbows toward your shoulders.
- Make sure to keep tension on the band and elbows close to your side.
- Lower your hands

Repetitions:

Repeat 12-20 times or 60 seconds if you're doing a circuit.