

# Your Exercise Routine: Standing Bicep Curl

The next exercise we're going to complete is called a Standing Bicep Curl. This exercise actually strengthens the arm muscles, the front of the arm or the bicep muscle. And by doing it standing, we are also benefiting by strengthening our core - our abdominal muscles and our back muscles.

Now, to complete this exercise properly, we need a tool. We will either use a free weight or a dumbbell, like we have for demonstration purposes which can be purchased at a discount store, or a department store or a sporting goods store. Or, you can use objects around your home. For example, as you start out you might want to use cans which are lighter weight, work up to a water bottle, and then maybe even up to a gallon jug.

Now to do this exercise properly you're going to stand feet hip-width apart, shoulders back and down, belly button pulled in to brace your spine. You want to position your arms palms up, elbows slightly forward towards the front - not back like this, but slightly forward.

And then we're just going to bring the arms up to a bent position so we achieve a V-shape with the arms ... down to a lengthened position. And back down. As with our other exercises, we're going to complete about 10 repetitions and then we're going to take a break.

What you want to avoid with this exercise, is you do not want to sway your body forward or backwards. If you find you are swaying your body, you may be working at a level of resistance that is too heavy and you may want to work with something that is a little less heavy for yourself. And you also want to make sure your elbows stay in one position and they don't move at all.

We have 2 more to complete ... last one ... very good.

That was an awesome job.