

Dumbbell Hammer Curl Exercise

- 1. Stand with your feet shoulder width apart, knees slightly bent, and toes facing forward. Grasp a dumbbell in each hand, keeping your arms hanging at your side and your palms facing your body.
- 2. Maintaining the position of your palms facing inward, bend your elbows until they reach 90 degrees.
- 3. Lower and repeat.



