

HAMMER CURLS DB

START



- Stand with your torso upright and straight, avoid leaning back
- Hold a dumbbell in each hand at arm's length
- The elbows should be close to the torso
- The palms of the hands should be facing your torso

MIDDLE



- Exhale whilst holding your upper arm stationary
- Curl the weight forward while contracting the biceps
- Continue to raise the weight until the biceps are fully contracted and the dumbbell is at shoulder level
- Hold the contracted position for a brief moment as you squeeze the biceps
- Focus on keeping the elbow stationary and only moving your forearm

END



- Inhale and slowly begin to lower the dumbbells back down to the starting position
- Repeat for the recommended amount of repetitions
- Keep the rep timing slow and control the weight for the whole set

MUSCLES TARGETED

BICEPS, BRACHIORADIALIS & BRACHIALIS

- The biceps, which runs across the front of your upper arm, is the biggest muscle trained when performing dumbbell hammer curls
- The brachialis sits under your biceps and the brachioradialis is a long muscle that runs from deep inside the centre of your upper arm to the centre of your forearm. Along with the biceps, these two muscles work together to flex the arm at the elbow
- The rotation of your hands allows the brachioradialis to contribute more to the upward motion of the curl and the brachialis provides important stabilization for your arm as it moves

NOTE

The fastest way to improve the look of your biceps is to focus on the brachialis and Hammer Curls help build the brachialis in a way that other curl variations do not by developing its strength and size. Increasing its size is an easy way to make the arm bigger as the brachialis contributes to upper arm thickness more so than the biceps.