

Dumbbell Bicep Curls Exercise

1. Stand with your knees slightly bent, feet shoulder width apart, and your toes facing forward. Grasp a dumbbell in each hand with palms facing your body, arms hanging at your side.
2. Bend your arms at the elbow, rotating your forearms as you lift until your elbows form a 90-degree angle and your palms face upward.
3. Reverse the motion and repeat.

