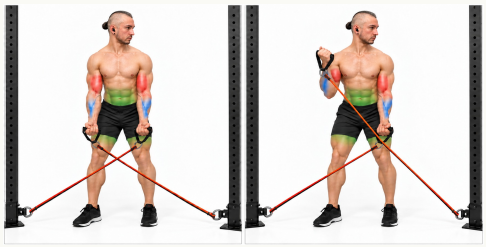
Exercise technique

Standing alternating low-front curl

8-12 controlled repetitions



START / both handles low FINISH / one elbow flexed

GRIP / Underhand / palms-up grip

SETUP / Two independent handles; crossed low front lines.

MOVE / Curl one handle; keep the other low, then alternate.

RETURN / Lower the working handle before curling the other.

MAIN / RED
Biceps brachii, brachialis and brachioradialis bend the elbow.

SECONDARY / BLUE
Forearm muscles steady the grip; shoulder muscles maintain upper-arm position.

SUPPORT / GREEN
Trunk and hip muscles steady the standing posture; both feet form the base.

RESISTANCE BANDS