

Dumbbell Curl

ARMS / BICEPS

A basic elbow-flexion exercise for the front of the upper arms. Separate dumbbells let each arm support its own load and allow a comfortable hand position.



01 START



02 TOP POSITION

01

Set up

Stand about hip-width apart with soft knees. Hold the weights beside you, palms forward. Wrap your thumbs around the handles and align wrists with forearms.

02

Curl

Exhale as you bend the elbows and raise the weights toward your shoulders. Keep the upper arms near your torso and reasonably stable; avoid rocking your body.

03

Lower

Inhale and lower under control. Extend the arms through a comfortable range without forcing the elbows backward.

Make every rep count

MUSCLES / CONTROL / CONSISTENCY

Muscles and their roles

PRIMARY TARGET

Biceps brachii

ASSISTING AND STABILIZING

Brachialis and brachioradialis assist elbow flexion. Forearm muscles support the grip and wrists; the trunk stabilizes posture.

Key technique cues

- Keep wrists straight and maintain a secure grip.
- Avoid shrugging or using your lower back for momentum.
- Control both the lift and the return.

Common errors and fixes

- 01 Rocking torso: reduce the load.
- 02 Bent wrists: align hands with forearms.
- 03 Dropping the weights: control the lowering phase.

This guide demonstrates a curl with steady upper arms. Small natural elbow movement is not automatically an error. Stop if you feel sharp joint pain.

REFERENCES / ACCESSED 2026-10-15

ACE - Seated Biceps Curl

NASM - Barbell Bicep Curl

ACE - Building Better Biceps

YouTube - ScottHermanFitness / technique reference