

Hammer Curl

Standing, simultaneous dumbbell curl

WHAT YOU NEED Two manageable dumbbells; stable floor

MUSCLES & FEATURES

Primary movers Brachialis, biceps brachii and brachioradialis: the elbow flexors.

Assistance and stabilization Finger and wrist muscles maintain grip and wrist alignment. Shoulder and trunk muscles steady posture.

Keep the palms inward while bending the elbows. Train the upper arm and forearm while controlling each dumbbell. This movement does not isolate one muscle.

HOW TO MOVE

- 1 Stand steadily with the dumbbells beside you. Wrap thumbs around the handles. Keep palms inward and wrists aligned with forearms.
- 2 Brace lightly and relax the shoulders. Keep elbows near your sides; breathe out as you bend them.
- 3 Lift only as high as you can without driving elbows forward. Do not bend wrists or rotate palms upward.
- 4 Breathe in and lower slowly to natural arm extension. Do not force the elbows backward. Repeat without swinging.

REMEMBER

Straight wrists. Bend at the elbows. Keep the body still.

SAFETY

Stop a movement that causes sharp pain. Allow natural spacing beside the body so the wrists can stay straight.

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CHECK YOUR FORM IN 2 POSITIONS



01 START

Hold dumbbells at your sides. Keep wrists aligned with the forearms.



02 RAISED POSITION

Keep upper arms steady and the palms facing inward.

RETURN: Keep the elbows steady and lower slowly to natural arm extension.

COMMON MISTAKES & FIXES

- Swinging or leaning back: reduce the load.
- Elbows drifting forward or shoulders shrugging: steady the upper arms.
- Curling the wrists or turning palms upward: maintain the neutral grip.

SOURCES & VISUAL REFERENCES

[ACE Exercise Library | Hammer Curl](#)

[Coratella et al. \(2023\) | Handgrip & elbow-flexor activity](#)

[YouTube | ScottHermanFitness - Hammer Curl](#)

AI-generated model images show separate form references, not a motion sequence. Stabilizer roles include biomechanical interpretation.