

JUNE EXERCISE OF THE MONTH

HAMMER CURL WITH A KNEE UP

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Start: Start with your feet hip-width apart, toes facing forward. Hold weights near the outside of your thighs, palms facing each other. Squat low by pushing your hips back and leaning slightly forward with a straight back. Hold your body weight in your heels and keep your calves vertical, not slanted, with knees above the ankles

Technique Tip: Make sure you can wiggle your toes in your shoes. If you can't, shift your body weight back an inch to reduce the forward pressure in your knees.

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Finish: Squeeze your butt and raise your right knee in front to bring your body to a standing position on your left leg. At the same time lift the weights to your shoulders by bending your elbows. Keep the wrists straight so that your palms remain facing each other. Bring the elbows slightly in front of your torso. Balance, then lower your arms and foot to return to the squat position. Then repeat, alternating knee lifts.

Safety Tip: Avoid arching your back as you stand to hoist the hand weights up or as you lift the knee.

Tips:

Do not let your bent leg touch your standing leg.

For advanced training try standing on a Coreboard.