



## ELASTIC BAND BICEPS CURLS

With your arm at your side holding an elastic band, draw up your hand by bending at the elbow.

Keep your palm face up the entire time.

Repeat 12 Times  
Hold 1 Second  
Complete 1 Set  
Perform 1 Time(s) a Day



## BICEPS CURLS - RADIOBRACHIALIS

With your arm at your side, draw up your hand by bending at the elbow.

Keep your wrist in a neutral position as shown above the entire time.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day



## SEATED BICEP CURLS - BILATERAL

While sitting in a chair and holding free weights on each thigh, lift both sides while bending at the elbows. Lower back down and repeat.

Repeat 10 Times  
Hold 1 Second  
Complete 1 Set  
Perform 1 Time(s) a Day