



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