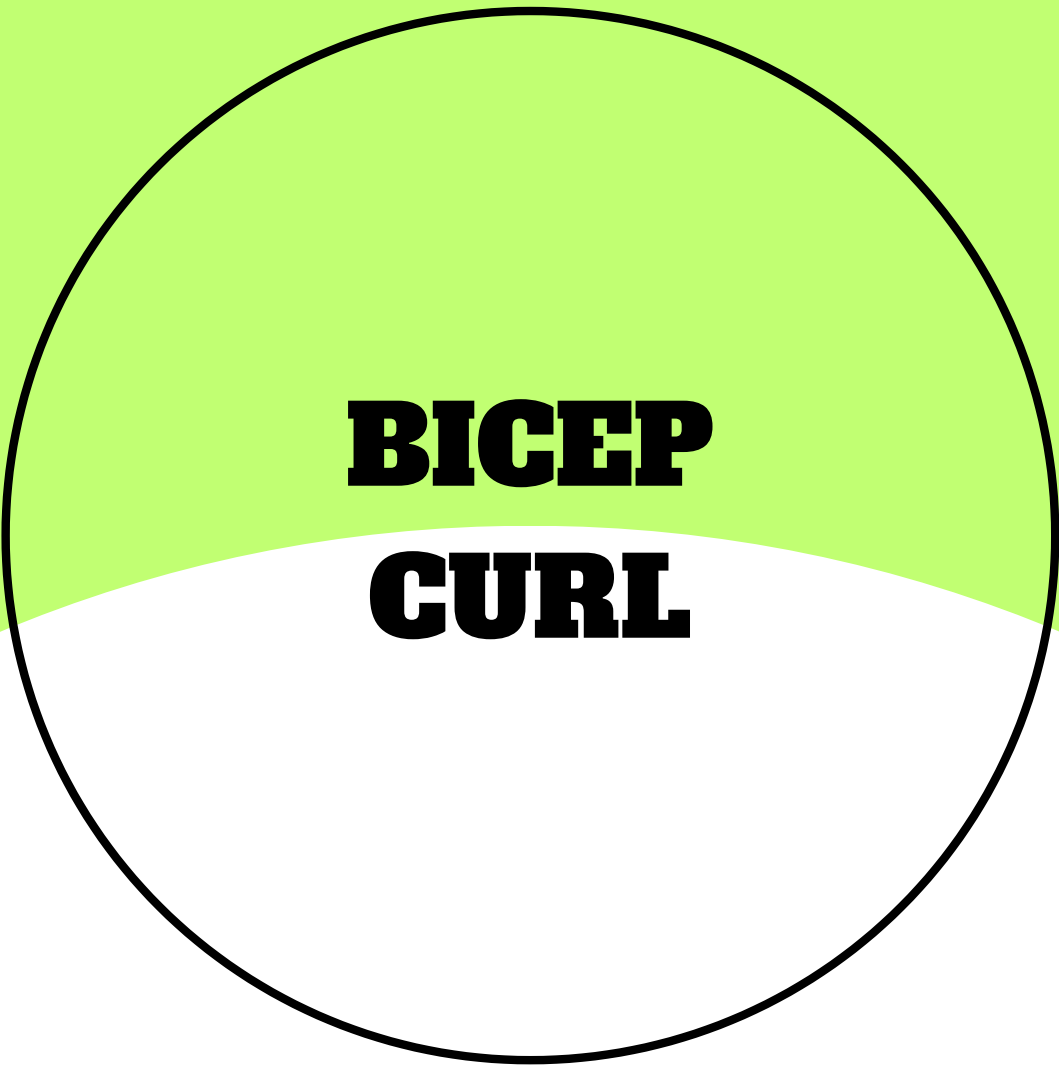




BICEP CURL

10S RESET IN BETWEEN MOVES

10S 90 DEGREE HOLD BOTH ARMS

6-8 REPS RIGHT, HOLD LEFT AT 90

6-8 REPS LEFT, HOLD RIGHT AT 90

6-8 REPS BOTH ARMS

6 DOUBLE COUNT REPS ALTERNATING CURL

REPEAT THIS SET 3X EVERYDAY!

3-10LBS MAX. THIS IS A BURNOUT

BICEP CURL

HOW TO CURL PROPERLY

- **STAND UP TALL, ROLL YOUR SHOULDERS UP AND BACK, TUCK YOUR HIPS UNDER AND ENGAGE YOUR GLUTES AND CORE TO HELP PROTECT YOUR BACK. YOU MAY HAVE A SLIGHT BEND IN YOUR KNEES.**
- **GLUE YOUR ELBOWS TO YOUR RIBS, SO YOU ENGAGE JUST YOUR BICEP WHEN YOU CONTRACT.**
- **DO NOT SWING YOUR ARMS FORWARD WHEN PULLING UP INTO THE CURL.**
- **BIG EXHALE ON YOUR WAY UP, NICE INHALE THROUGH THE NOSE ON YOUR WAY DOWN.**

SEND MESSAGES WITH QUESTIONS!!!