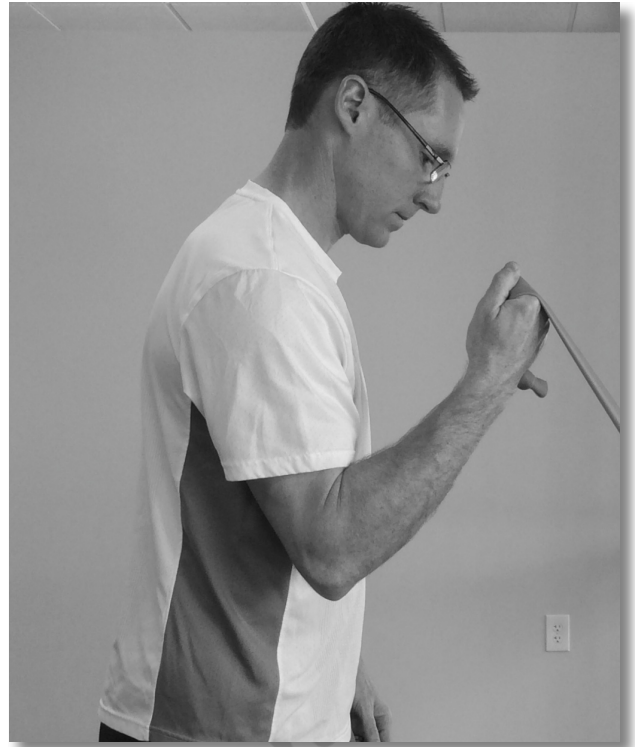


Bicep Curl



- With a ankle-height resistance band or pulley cable mounted in front of you, start with your arm in front of you, your elbow at 90 deg, and your wrist straight.
- Curl the band upward toward your shoulder making sure your wrist remains straight.
- Perform 20 times or until fatigue, whichever comes first.
- Progress by picking up your back leg and balancing on one foot.