

Level 1 Strength Exercise #6: Arm Curl with Resistance Bands

Objective: This exercise strengthens your biceps and upper arms.

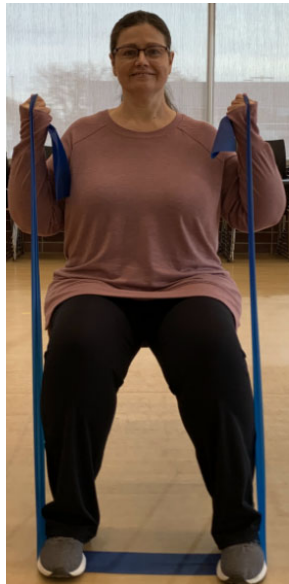
How to begin:

1. Begin in an armless, sturdy chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing forward.
3. Keep your elbows tucked at your sides. Breathe in slowly.
4. Keep your wrists straight and breathe out slowly as you bend your elbows and your hands towards your shoulders. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms back down to the starting position.
6. Repeat on the opposite side if you complete this exercise one arm at a time.

A.



B.



How to Progress:

1. Alternate arms until you can lift the weight comfortably with both arms or use a heavier resistance band.

Goal:

Do _____ sets, _____ per set.

Increase to: _____ sets, _____ per set.

Level 1 Strength Exercise #6: Arm Curl with Dumbbells

Objective: This exercise strengthens your biceps and upper arms.

How to begin:

1. Stand with your feet flat on the floor, shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift the weights towards your chest. Keep your elbows at your sides. Hold this position for 1 second.
4. Breathe in as you slowly lower your arms back down to the starting position. Repeat on the opposite side.

A.



B.



How to Progress:

1. Alternate arms until you can lift the weight comfortably with both arms at the same time.
2. Use heavier dumbbells.

Goal:

Do _____ sets, _____ per set.

Increase to: _____ sets, _____ per set.