



Build Up Those Biceps

Want to get the front of your arms stronger and less jiggly? Then just follow these instructions:

1. Using a hand weight, stretch band, or even a jug of water, stand with your feet shoulder width apart and one elbow close to your side.
2. With the weighted object in the same hand as the elbow close to your side, lift your hand, bending only at the elbow



At a count of 5 bring your hand up towards your shoulder

At a count of 5 lower your hand down until your arm is straight

Repeat this movement 10 times. You can also do 2 sets of 10 repetitions if you feel strong enough, then move up to 3 sets. Once you can lift this weight for 3 sets of 10 repetitions, then it is time to move up the weight from 1-5 lbs.

When starting out choose a weight you lift at least 10 times without major straining. You want your muscles to fatigue and should have to work hard by repetitions 8,9,10 of each set.

The exercise will build your biceps which will make it easier to lift things in your day-to-day life. This should help with elbow pain and shoulder pain as well.

In the world of gym language, this is called a bicep curl.

Good Luck and have FUN! Check us out anytime at www.musclerepairshop.com.