

Exercise 2. Arm Curl

Helps to strengthen arms for lifting heavier items.

What do I need?

1 Chair

Optional, 2 Hand Weights or Cans of Food



1. Sit tall, with a straight back and neck.

Place feet hip distance apart.

Bend elbows to a 90-degree angle with palms facing.

2. Raise Hands towards the shoulders.

TIP: Use weights or cans of food to increase intensity



3. Lower hands back towards knees.

Repeat this sequence 4 times.