

# ARM CURL



1. Sit in stable chair, legs shoulder width apart & feet flat on floor.
2. Hold light weight in each hand, arms straight down, palms facing up.
3. Bend elbows, bring weights to shoulders.
4. Hold. Slowly lower weights.
5. Repeat. Work up to 3 sets of 5. Take a break between sets.

## GOOD FOR

Getting up from a chair  
Arm strength for using  
walkers or canes  
Getting in & out of cars

## REPEAT

2-3 times daily

## TIPS

- No weights? use bottled water or canned food
- Keep back straight – don't lean back or turn body
- Keep shoulders down – don't shrug
- Control movement
- Keep stomach tight and remember to breathe!

## READY FOR MORE?

Increase to 3 sets of 10