

Seated or standing

This exercise will strengthen the upper arm muscles which bend your elbow.

Instructions

1. Sit up straight in the chair or stand upright with feet hip-width apart, knees slightly bent, and arms by your side.
2. Hold 1 weight in each hand, palms facing upwards.
3. Bend both your arms at the elbows, bringing dumbbells toward your shoulders. Keep your elbows in by your side.
4. Ensure your wrists remain in a neutral position.
5. Lower your weights to the starting position.



Tips to help you get the movement right:

- Sit upright in the chair, do not lean forward.
- Avoid swinging your elbows or using your shoulders to lift the weights.
- Ensure palms remain facing upwards and do not flex/extend the wrist.
- Keep tall, with abdominals turned on, and shoulders back and down.

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