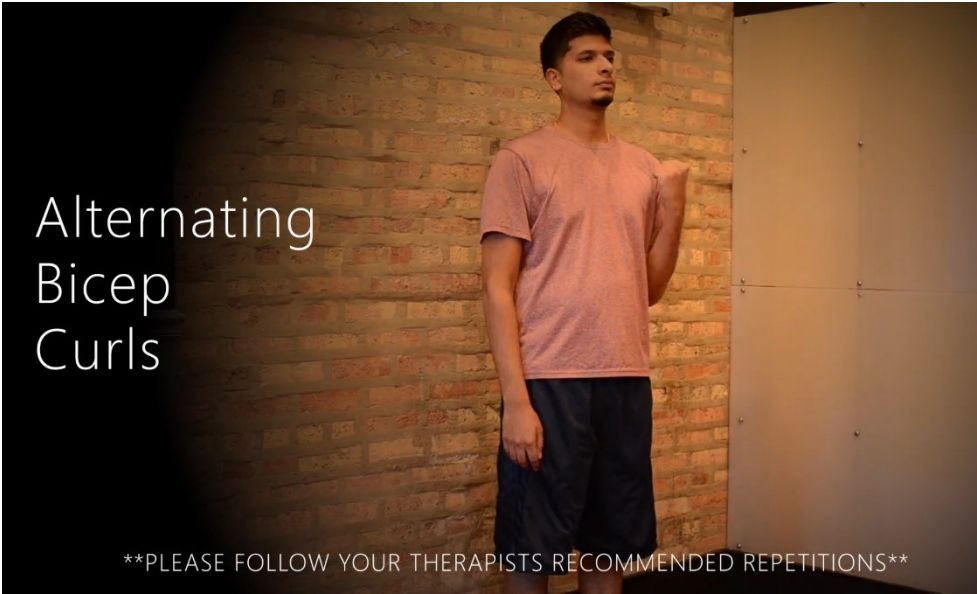


Alternating Bicep Curls

PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS

Start with both arms on the side of your body.



Alternating Bicep Curls

PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS

Starting with one arm at a time, bend your elbow upwards and then lower to a straighten position. Repeat for both arms.

_____ Sets
_____ Repetitions

