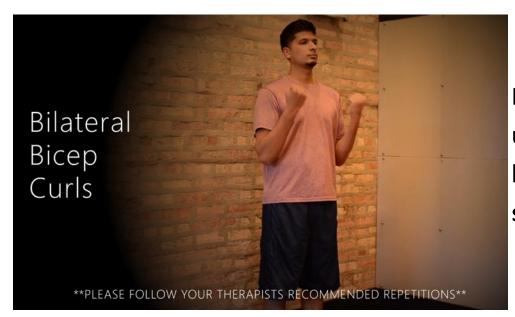


Start with both arms on the side of your body.





Bend both elbows upwards and then lower to a straighten position.

____Sets
____Repetitions

