

# Bilateral Bicep Curls

\*\*PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS\*\*

**Start with both  
arms on the side of  
your body.**



# Bilateral Bicep Curls

\*\*PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS\*\*

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

\_\_\_\_\_ **Sets**

\_\_\_\_\_ **Repetitions**

