

September Exercise of the Month

Resistance Band Arm Curls

Purpose: To strengthen the muscles of the upper arm

Primary Muscles: Biceps

Secondary Muscles: Brachioradialis, Trapezius, Rhomboids, Erector Spinae, Rotator Cuff, Deltoids, Abdominals

Equipment: Resistance Band

Starting position:

- ❖ Hold onto the handles and place one foot in the center of the band. Arms should be extended down by your side with some tension on the band.

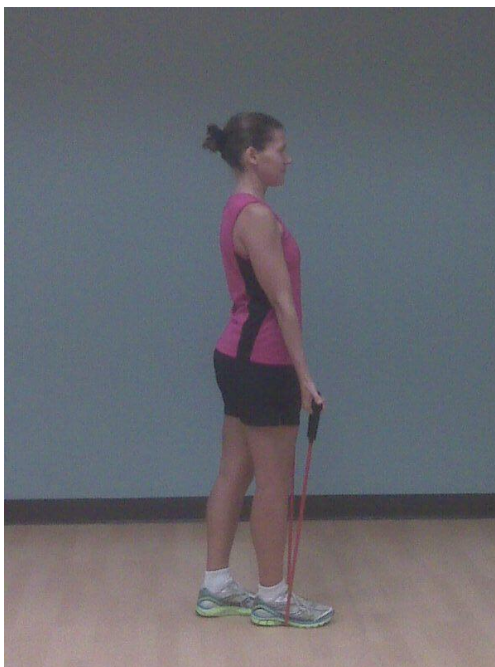
Movement:

- ❖ With the palms facing upward, exhale while bending the elbows bringing the hands up towards the shoulders. Keep the wrists straight and bend only at the elbow.
- ❖ Slowly release to continue resisting against the band elasticity and gravitational pull as you extend the arms back to start position
- ❖ Repeat to complete two to three sets of 12-15 reps.
- ❖ If using a light resistance band, you may be able to place both feet in the center of the band to add more resistance.

Resistance Band Safety Tips:

- ❖ Check for holes or worn spots on the band
- ❖ Wear comfortable, athletic shoes
- ❖ Make sure the band is secured underfoot
- ❖ Maintain good posture; keep knees slightly bent, abs pulled in and chest expanded
- ❖ Perform exercises in a slow and controlled manner

Start:



Movement:

