

STEP 1



STEP 2



Standing Bicep Curls Supinated with Dumbbells

REPS: 10 | SETS: 3

Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your palms facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

Make sure to keep your palms facing forward, back straight, and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Standing Bicep Curls Neutral with Dumbbells

REPS: 10 | SETS: 3

Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your thumbs facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

Make sure to keep your thumbs facing forward, back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Bent Over Triceps Extension

REPS: 10 | SETS: 3

Setup

Begin standing with your trunk bent forward and your elbows bent at 90 degrees, holding a dumbbell in each hand.

Movement

Maintaining this position, slowly straighten your elbows, then return to the starting position and repeat.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Standing Bent Over Single Arm Shoulder Row

REPS: 10 | SETS: 3

Setup

Begin in a staggered stance position with your trunk bent forward, and one hand resting on your knee.

Movement

Pull your arm upward, bending at your elbow and squeezing your shoulder blades together. Lower it back down and repeat.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Standing Shoulder Flexion to 90 Degrees with Dumbbells

REPS: 10 | SETS: 3

Setup

Begin in a standing upright position holding a dumbbell in each hand.

Movement

Slowly raise your arms in front of your body, with your elbows straight and thumbs facing forward. Repeat this movement.

Tip

Make sure not to raise your arms above shoulder height, and try not to arch your back or shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Overhead Press with Dumbbells at Wall

REPS: 10 | SETS: 3

Setup

Begin in a standing upright position with your back against a wall and your arms bent out to your sides, holding a dumbbell in each hand and palms facing forward.

Movement

Slowly press your arms straight overhead, then lower them back to the starting position, and repeat.

Tip

Make sure to keep your back against the wall and do not shrug your shoulders during the exercise.