

Challenge 3:

Can you perform 10 biceps curls on each arm?

Description

- Stand with your feet shoulder width apart.
- Using a tin of beans/soup, bend your elbows and lift the tin up towards your shoulder.
- Your wrist should be facing upwards towards the body.
- Return your hand back down at your side.

Finding it easy? Try this...

- Have 10 seconds rest and then repeat the challenge.
- Use a heavier item to lift.

BICEPS

Parents Signature:

