

Standing Elbow Curls

Instructions

- Stand with feet directly underneath your hips and pointed straight forward
- Place knuckles against your temples, thumbs pointing down towards your shoulders (golfer's grip)
- Bring elbows forward until they touch
- Open and pull back your elbows while simultaneously pinching shoulder blades together

Note: keep elbows at shoulder level – do not let them drop down



Sets:

Repetitions:

Frequency: