



How many tricep curls can you complete in 1 minute?

Equipment Needed:

- Timer
- Weights

Rules:

- Step 1: Start in a standing or seated position with your legs shoulder width apart and a single weight in your hands in front of you.
- Step 2: Raise your hands up over your head and try to squeeze your ears with your elbows.
- Step 3: Bend your arms at the elbow, and let your lower arm go behind your head.
- Step 4: Return to step 2 and repeat for entire duration of exercise.

Modifications:

- The rules can be done in a seated position.

