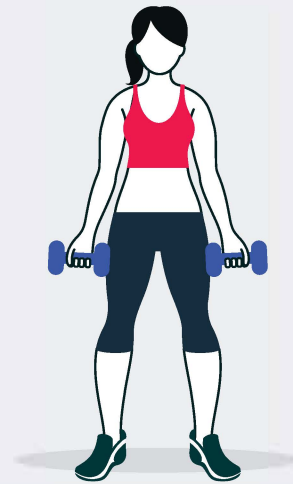


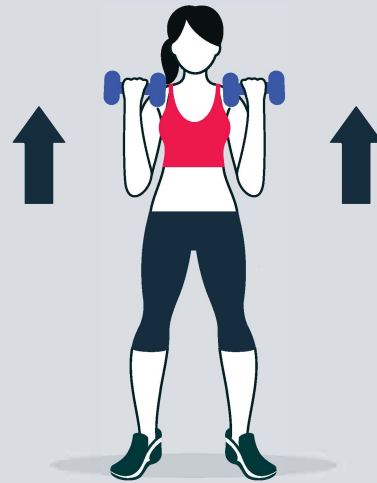
A

Hold a pair of light weights or (filled water bottles) and stand with your feet hip-width apart.



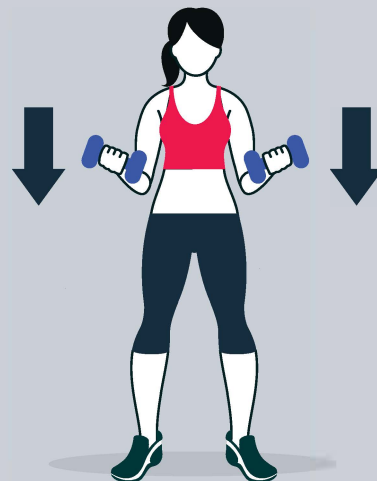
B

Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.



C

Lower again slowly.



THIS EXERCISE CAN ALSO BE CARRIED OUT WHILE SITTING. ATTEMPT THREE SETS OF FIVE CURLS WITH EACH ARM.