**Biceps Curl**

**Equipment**: Dumbbell

* Start with a dumbbell or resistance band that lets you do 6–8 reps comfortably.

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Control Movements – Perform exercises slowly and avoid jerky motions.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Hold two dumbbells in front of your thighs with your palms facing out.
2. Curl the dumbbells up toward your shoulders, then rotate your wrists so your palms are facing out.
3. Push up toward the ceiling.
4. Bring your arms back down to your shoulders and rotate your wrists so your palms are facing in.
5. Curl your arms back down to the starting position.
6. Repeat