

### Forearm Curls (2-Way)



- Sit on a bench or other surface and hold a dumbbell or other weight in one hand
- Rest your forearm on your thigh, palm up, placing your opposite hand on your wrist for stability
- Allow the dumbbell to roll to your finger tips, and slowly make a fist and pull your palm upward
- Make sure the only motion is at your wrist, even though you will feel this throughout your forearm
- To work the other direction, assume the same position but place your palm face down. Holding on to the dumbbell, raise the back of the hand up and toward the body.
  
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

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#### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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