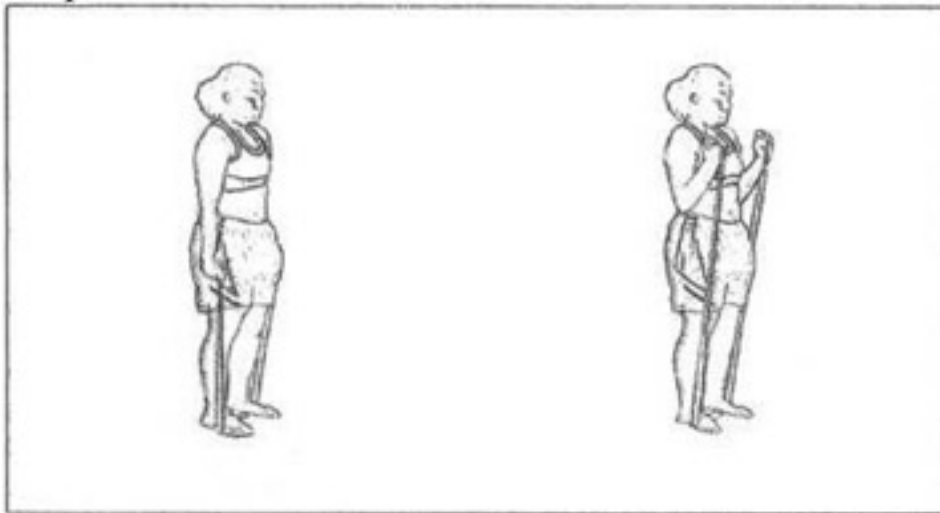




Perfect Fit Personal TrainingSM & Get Fit Boot CampSM

Bicep curl resistance band



Instructions:

- 1) Stand upright with feet shoulder-width apart.*
- 2) Each foot should be on the end of the resistance band.*
- 3) Grasp the ends of the band with each hand and let your arms extend down by your sides.*
- 4) Stand with your back and knees straight.*
- 5) Keeping your elbows close to your body, curl your arms up to chest level and hold momentarily.*
- 6) Slowly lower your arms to the starting position.*

Key points:

- 1) Do not move your body in an attempt to complete the curl.*
- 2) Do not let your elbows leave your sides.*
- 3) Let your hands down in a slow, controlled manner.*
- 4) Keep your wrists straight and elbows at your side at all times.*