

Monthly Health Challenge - Dumbbell Bicep Curl

Want to strengthen and work your biceps and forearms? You can start with the dumbbell bicep curl challenge, a bicep exercise that works on your strength. As you perform this dumbbell biceps curl, your arms will get stronger enabling you to lift heavier and avoid injury.

How to perform the perfect dumbbell biceps curl:

1. Stand up straight with a dumbbell in each hand at arm's length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position.
2. Now, keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps.
3. Then, inhale and slowly begin to lower the dumbbells back to the starting position.
4. Repeat for the recommended amount of repetitions.



*If you don't have dumbbells, a bottle of water or can of soup are good substitutes for weights

*Begin with small weights, and increase weight for more of a challenge.

* For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 5 (C) 10	2 (E) 5 (C) 10	3 (E) 10 (C) 15	4 (E) 10 (C) 15	5 (E) 15 (C) 20	6 (E) Rest Day (C) Rest Day	7 (E) 15 (C) 20
8 (E) 20 (C) 25	9 (E) 25 (C) 30	10 (E) 25 (C) 30	11 (E) 30 (C) 35	12 (E) 30 (C) 35	13 (E) Rest Day (C) Rest Day	14 (E) 30 (C) 35
15 (E) 35 (C) 40	16 (E) 35 (C) 40	17 (E) 40 (C) 45	18 (E) 45 (C) 50	19 (E) 45 (C) 50	20 (E) Rest Day (C) Rest Day	21 (E) 50 (C) 55
22 (E) 55 (C) 60	23 (E) 55 (C) 60	25 (E) 60 (C) 65	26 (E) 60 (C) 65	27 (E) 65 (C) 70	28 (E) Rest Day (C) Rest Day	29 (E) 65 (C) 70
30 (E) 70 (C) 75	31 (E) 70 (C) 75					