



Arm ergometer

Sit with good posture and use arms to cycle around

Duration 10 Minutes

Complete 1 Set

Perform 2 Time(s) a Day



ELBOW FLEXION EXTENSION

Bend your elbow upwards as shown and then lower to a straighten position.

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Time(s) a Day



UPRIGHT ELBOW TRICEP EXTENSION

Extend your elbow as shown while holding a free weight.

Maintain your upper arm in an upward direction and only bend and straighten at your elbow.

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Time(s) a Day



FREE WEIGHT SUPINATION AND PRONATION

Rest your forearm on your knee or a table. Next, while holding the end of a small weight, slowly lower the weight towards the outside and then rotate your forearm towards the inside of your body as shown.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day