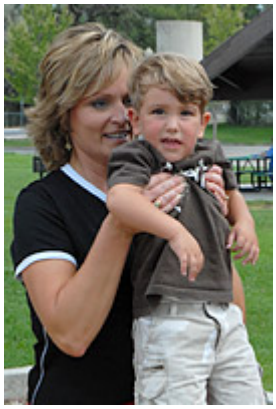
Child Bicep Curl



- Kids are a great way to add some resistance to your workout. Just make sure you keep them in balance; if you feel out of control, try something else
- Stand with your feet about shoulder width apart, knees slightly bent
- Hold onto the child as if you are going to pick him or her up, facing either toward or away from you
- Keeping your elbows close to your side, bend your elbows and bring the child toward your chin, taking care not to raise your shoulders
- For added resistance, stand with your feet staggered, one foot forward and one back but both about shoulder width apart. Hold the child as before, but bend slightly at your hips (not back). As you pick up the child, you don't get as much rest since you are using gravity to your advantage

- For best results, try to complete 3 sets of 8-12 repetitions, finding a child with enough weight that will fatigue your muscles by at least the last set

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.