

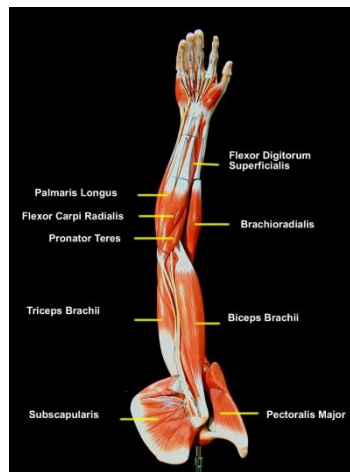
# Elbow Flexion

While sitting, place the Cuflinc handle under the foot of the same side as the exercising elbow. With your elbow on your knee, choose your resistance and raise your hand toward your shoulder.



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Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week. All routines are done standing unless noted otherwise.



The primary muscle used in this exercise is the biceps.