

## Forearms (bands)

### Bicycles



#### **Exercise Description:**

Bicycles

#### **Classification:**

Forearms (bands)

#### **Instructions:**

1. Place bands on top of each other at one end of the resistance bars. Pull one resistance bar out so that the bands are in the center and you can grasp the bars on opposite ends.
2. Extending your arms and keeping the bands as taut as possible rotate the bars around each other with your arms like bicycle peddles.
3. Do one set in forward motion and then reverse the motion as if backpedaling.
4. Breathe normally while doing this exercise.