

1. Elbow Temple Curls

Stand at a wall with your heels, hips, upper back and head against the wall. With your knuckles placed on your temples and your thumbs pointing down, open and pull back your elbows so that they are against the wall then close your elbows together in front of your face. Do not drop your elbows, keep them at shoulder level. Repeat three sets of 15. To be repeated 3 times a day.

