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Home Arm Workout
Cue and Record Sheet

Choose one curl and one suitable triceps exercise. These are separate equipment arrangements, not a requirement to complete every variation.

Movement reminders

Movement	Required format	Control cue
Band curl	Suitable band and permitted contact/grip	Bend the elbows without rocking or lifting the upper arms to finish. Lower slowly.
Band pressdown	Compatible high attachment; upper arms beside torso	Straighten and bend the elbows with the upper arms steady. Keep the torso from dipping.
Overhead band extension	ACE example: same-side rear foot and raised arm	Preserve the upper-arm position as the elbow moves. Keep elastic away from the neck; unload before exiting.
Dumbbell curl	Suitable free weight; standing or seated version	Palm-up grip, steady elbow and wrist, slow lift and return. No band-to-weight conversion is implied.
Cable-rope pressdown	Complete compatible cable system and rope attachment	High pulley with elbows near the sides. The cable arrangement is different from a band anchor.
Lying dumbbell extension	Mayo example: floor or purpose-made bench	Upper arm toward the ceiling; extend and bend the elbow under control. This is not the overhead band version.

Before starting: inspect the complete equipment, establish its permitted contact/attachment and working length, and rehearse lightly. A source demonstration does not approve another product’s connectors or stretch limits.

Finish deliberately: return under control, remove tension, then change grip or step away. Stop for pain, numbness, dizziness or unexpected loss of control. Inspect shifting equipment only after unloading.

Use the full article and the actual product instructions. This sheet is a training reminder, not medical care or a personalized routine.

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Practise, then record the actual setup

The following is an adjustable editorial practice example, not an individually prescribed or experimentally tested routine. Keep several clean repetitions available.

Choice	Starting practice example	When to end or adjust
One band or dumbbell curl	One light set of 8–12 controlled repetitions	End before the elbow path, wrist or torso position changes
One appropriate pressdown or overhead extension	One light set of 8–12 controlled repetitions; for one-arm work, practise each side	End before the upper-arm position or return control changes
Optional repeat after recovery	Add a second set only if you can reproduce the same setup and control	Use fewer repetitions or less demand when the next set starts with compensation

Rest until you can reproduce the same control. Account for pressing and pulling elsewhere in your program. Change one meaningful variable at a time.

Your training record

Date / movement	Band or weight; grip / stance / length	Repetitions and control notes

Arm toning: targeted strength work is different from a promise to remove fat from that area. This sheet does not prescribe a weight-loss diet or guarantee an appearance change.

Original sources and full guide

Read the full PBGGAME home arm-workout guide

- Mayo Clinic: Video: Biceps curl with resistance tubing
- American Council on Exercise: Build Your Triceps Workout
- FitKit: Upper Body | Triceps
- American Council on Exercise: Triceps Pressdown — Exercise Library3
- Mayo Clinic: Video: Biceps curl with dumbbell
- Mayo Clinic: Video: Triceps extension with dumbbell
- American Council on Exercise: So, You Want To Spot Reduce? Here's How — FitFacts

Prepared by PBGGAME, 25 October 2026. Original brief movement reminders; product mass, machine resistance and elastic force are different measurements. Source exercises keep their original scope.