

# MONTHLY Challenge

## August Monthly Challenge BARBELL CURLS



**\*How many Barbell Curls  
can you do in 60 seconds?**

Competitors can try numerous times  
throughout the month of August.  
Challenge will end Saturday 31st  
August 2019 at 9:30am.

**So come on give it a go...**

\*Ladies 15kg, men 20kg. Stand up with your torso upright while holding a barbell at a shoulder-width grip. The palm of your hands should be facing forward and the elbows should be close to the torso. Continue the movement until your biceps are fully contracted and the bar is at shoulder level.

