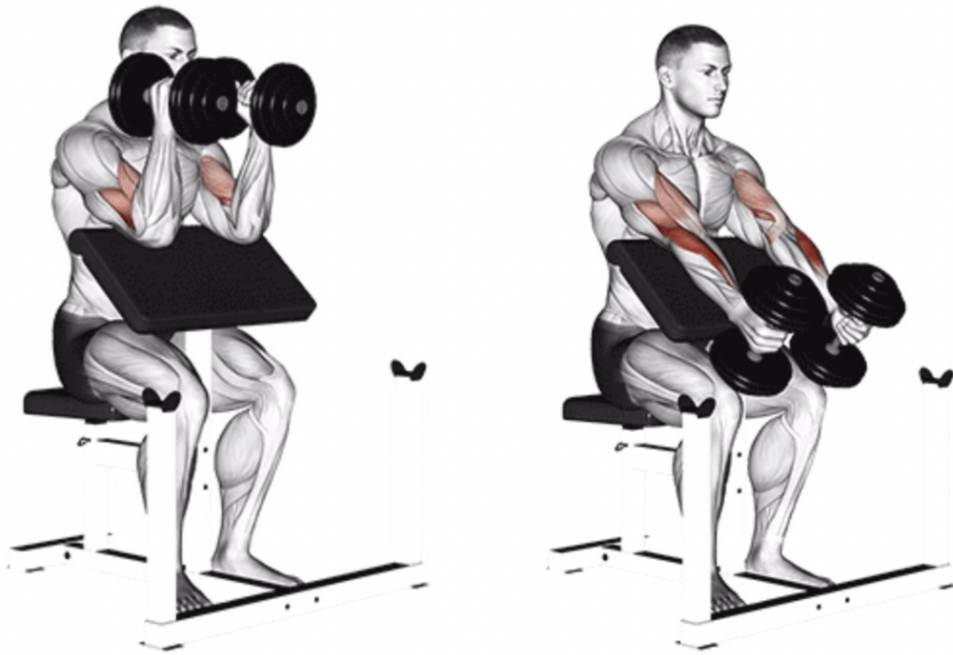


HOW TO PERFORM A DUMBBELL HAMMER PREACHER CURL

MUSCLES WORKED

BICEPS BRACHII, BRACHIALIS,
BRACHIORADIALIS

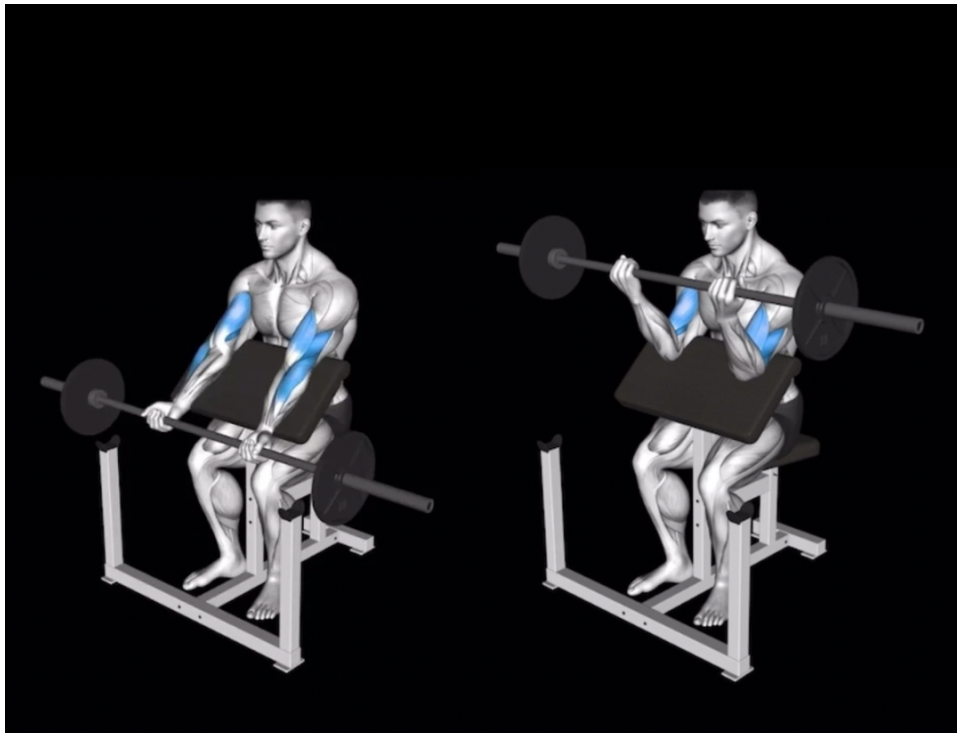


1. Holding a pair of dumbbells, sit on the preacher bench.
2. Keeping your elbows flexed and your palms facing each other (neutral or hammer grip), place the backs of your upper arms flat on the arm rest.
3. Inhale as you lower the dumbbells until your elbows are almost fully extended.
4. Exhale as you curl the dumbbells back up toward your shoulders.
5. Hold for a count of two at the top of the movement and squeeze your biceps.
6. Repeat.

COACHING TIPS:

- Only your forearms should move.
- Adjust the seat so that you can position the whole of the backs of your upper arms flat on the arm rest, from your armpits to your elbows.
- You can perform the dumbbell hammer preacher curl with one arm at a time or, with both arms simultaneously. Alternate to add variation and get the benefits of both variations.
- Maintain a slight bend in the elbow at the bottom of the movement in order to keep tension through the biceps.
- Using a slow eccentric (lowering portion) of the exercise can help to improve tension and mind muscle connection.

BARBELL PREACHER CURL



HOW TO DO:

Grab the barbell with an underhand grip and sit down on the preacher curl bench with your feet flat on the floor. Adjust the seat to allow your upper arms and chest to be in contact with the arm pad.

Your chin should remain tucked throughout the movement, as if you were holding an egg under your chin. Your arms should be long with a

slight bend in your elbows. Maintain a neutral wrist position and a comfortable grip. All repetitions should begin from this position.

While keeping your upper arms in contact with the arm pad, initiate the upward movement by squeezing your biceps and bending your elbows. Continue to lift until the barbell is level with your shoulders.

Finish the movement by squeezing your biceps.

Slowly straighten your elbows to lower the barbell to the starting position.