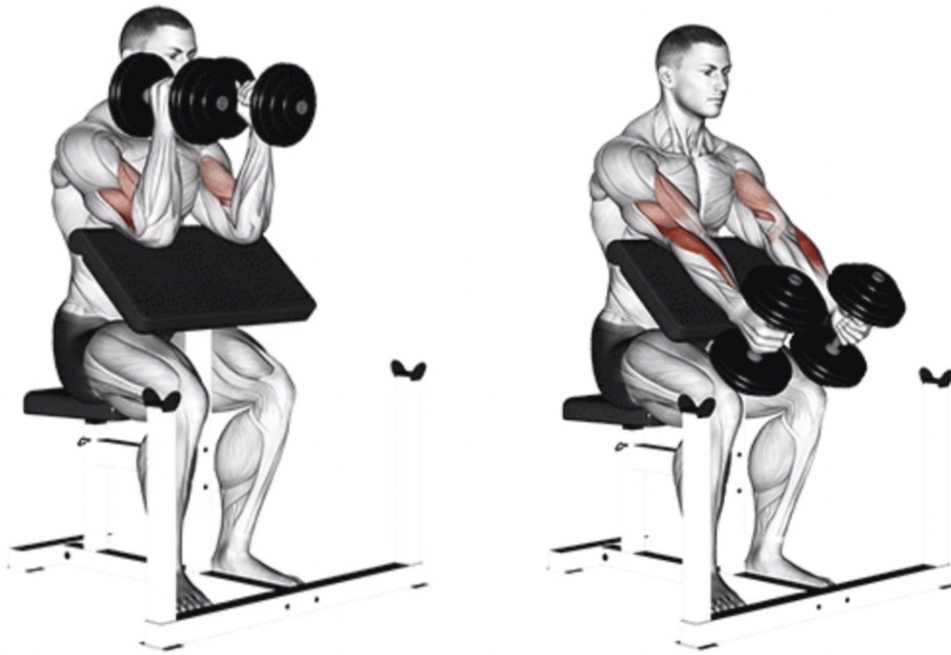


HOW TO PERFORM A DUMBBELL HAMMER PREACHER CURL

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.