

EZ BARBELL CURLS (CLOSE GRIP)



1. Stand tall while grabbing the middle/narrow part of an **EZ Barbell** held in an underhand grip, with the palms of your hands facing forward and your arms fully extended with the bar right down at your front. Your hands should be slightly tilted inwards due to the shape of the bar. Place your feet at about hips width apart, and always maintain a straight & upright posture while performing this exercise. This will be your starting position.
2. Use your biceps muscles to curl the bar all the way up until your forearms touches your biceps. Only your forearms should be moving up with the weight while keeping your upper arms stationary and your elbows close to your torso throughout the entire movement.
3. Squeeze in your biceps muscles as hard as you can, then slowly bring the bar back down to it's starting position, while keeping your biceps muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a heavy set barbell when performing this exercise to avoid getting any biceps, forearms, wrists, shoulders and/or lower back injury. A proper weighted barbell that is not too heavy should have you mostly engage your biceps muscles -as it should- without tempting you to swing the weight up or cheat by using the rest of your body to help you curl the weight. Pick a lighter barbell if you ever felt that you can't properly curl the weight without cheating with your body, or if you can't properly execute a full range of motion with full extension & full contraction. It is normal for you to also feel your chest, trapz and lower back muscles getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES: [EZ Cable Curls \(Close Grip\)](#) / [Machine Preacher Curls](#) / [EZ Preacher Curls \(Close Grip\)](#) / [Standing Hammer Curls](#) / [Concentration Curls](#)

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PRIMARY MUSCLE

Biceps



Biceps

SECONDARY MUSCLE

Forearms



Forearms

A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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