

CONCENTRATION HAMMER CURLS



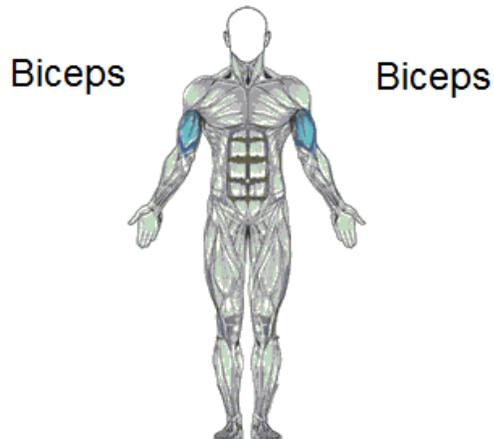
1. Sit down on a flat bench with one dumbbell positioned on the floor right between your legs. Keep your legs spread and your knees bent, with your feet firm on the floor and apart from each other. Pick the weight up with your right hand, while keeping your palm facing inwards. Place the back of your right upper arm against the top of your inner thigh. Keep your arm fully extended with the weight where the dumbbell is just above the floor. Your other non-lifting arm should be kept on top of your left thigh to give you some support and help you keep your balance. This will be your starting position.
2. Use your right arm's biceps muscle to curl the weight all the way up until your forearm touches your biceps. Only your forearm should be moving up with the weight while keeping your upper arm stationary as well as your leg as you curl the weight and throughout the entire movement.
3. Squeeze in your biceps muscle as hard as you can, then slowly bring the weight back down to its starting position, while keeping your biceps muscle fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch arms then perform the same exact motion for the same amount of repetitions with your other arm.

CAUTION: NEVER use a heavy set dumbbell when performing this exercise to avoid getting any biceps, forearms and/or wrists injury. A proper weighted dumbbell that is not too heavy should have you mostly engage your biceps muscles -as it should- without tempting you to cheat by swinging the weight up. Pick a lighter dumbbell if you ever felt that you can't properly curl the weight without swinging it, or if you can't properly execute a full range of motion with full extension & full contraction. It is normal for you to feel your forearms muscles getting a little bit more engaged while performing this exercise than while performing other biceps exercises.

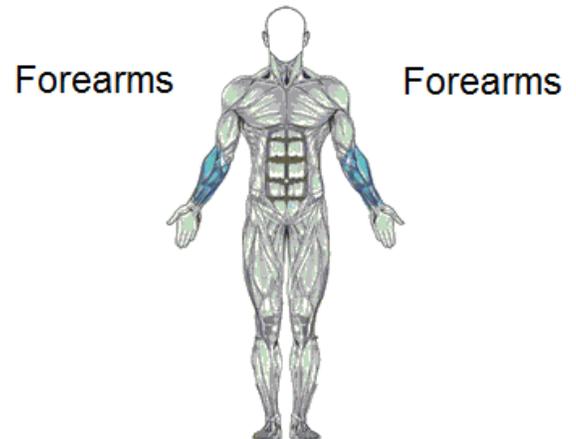
ALTERNATIVE EXERCISES: [Single Arm Hammer Preacher Curls](#) / [Single Arm Rope Cable Curls](#)

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PRIMARY MUSCLE



SECONDARY MUSCLE



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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