

# SEATED SINGLE ARM HAMMER CURLS



1. Pick a pair of **Dumbbells** and sit comfortably on a military bench or a utility gym chair while holding both weights in a neutral grip, with the palms of your hands facing inwards, and your arms fully extended hanging down at your sides. Place your feet firm on the ground at about hips width apart, and always maintain a straight & upright torso while performing this exercise. 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 while maintaining a neutral grip (palm facing inwards) throughout the entire movement. Only your forearm should be moving up with the weight while keeping your upper arm stationary and your elbow close to your torso 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, wrists and/or shoulders 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 also feel your chest and trapz muscles getting slightly engaged while performing this exercise.

**ALTERNATIVE EXERCISES:** [Standing Single Arm Hammer Curls](#) / [Single Arm Rope Cable Curls](#) / [Concentration Hammer 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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