

# EZ PREACHER CURLS (CLOSE GRIP)



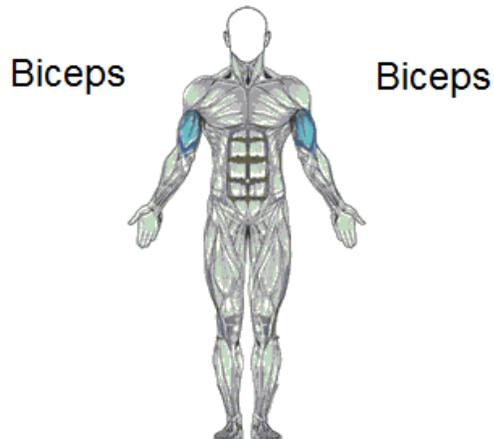
1. Sit firm on a **Preacher Bench** while grabbing the middle/narrow curved part of an EZ-Bar in an underhand grip, with your hands slightly titled inwards due to the shape of the bar and with your palms facing forward. Rest your upper arms against the padded front of the preacher bench with your arms almost fully extended with the weight, and while keeping a slight bent at the elbows. This will be your starting position.
2. Use your biceps muscles to curl the weight 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 throughout the entire movement.
3. Squeeze in your biceps muscles as hard as you can, then slowly bring the weight 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 and/or wrists 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. Make sure to go all the way down with the weight but start curling it back up again just before locking your elbows. For elbows safety, DO NOT lock your elbows.

**ALTERNATIVE EXERCISES:** [Machine Preacher Curls](#) / [EZ-Bar Cable Curls \(Close Grip\)](#) / [EZ Barbell Curls \(Close Grip\)](#)

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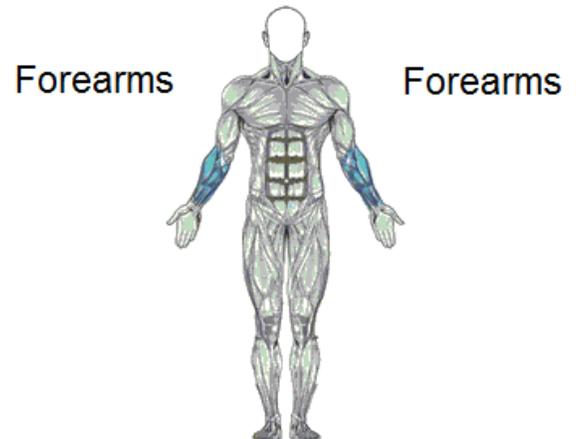
## PRIMARY MUSCLE



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.

## SECONDARY MUSCLE



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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