

SINGLE ARM MACHINE PREACHER CURLS



1. Sit firm on a **Preacher Curl Machine** after selecting your desired weight to be used. Grab the lowest end of the machine's right handle with your right hand in an underhand grip, where your hand should be slightly titled inwards due to the shape of the handle, and with the palm of your hand facing forward. Rest your upper arm against the padded front of the preacher curl machine, with your arm almost fully extended while grabbing the handle and while keeping a slight bent at the elbow. Your other non-lifting arm should be kept in a neutral position while resting on top of the preacher curl machine. 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 throughout the entire movement.
3. Squeeze in your biceps muscle as hard as you can, then slowly bring the weight back down to it's starting position, while keeping your biceps muscle fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any biceps, forearms and/or wrists injury. A proper adjusted weight setting 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. Lower down the weight resistance 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 elbow. For elbow safety, DO NOT lock your elbow.

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