

# MACHINE PREACHER CURLS



1. Sit firm on a **Preacher Curl Machine** after selecting your desired weight to be used. Grab the lower ends of both handles of the machine in an underhand grip, with your hands slightly titled inwards due to the shape of the handles, and with the palms of your hands facing forward. Rest your upper arms against the padded front of the preacher curl machine, with your arms almost fully extended while grabbing the handles 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 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 elbows. For elbows safety, DO NOT lock your elbows.

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

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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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