

EZ CABLE CURLS (CLOSE GRIP)



1. Attach an **EZ Bar** to the lowest point of a pulley machine or a cross cable machine then select your desired resistance to be used. Stand about a foot away from the machine with your arms fully extended while grabbing the middle/narrow curved part of the bar in an underhand grip, with your hands slightly titled inwards due to the shape of the bar, and with the palms of your hands facing forward. Make sure you stand far enough from the pulley that your arms are kept under constant tension once you've grabbed the bar, and always maintain a straight & upright posture while performing this exercise.
2. Your upper arms should remain stationary (not moving) and your elbows should be kept next to your torso throughout the entire movement. Place your right foot a bit backward, and your left foot firm at your front. This will be your starting position.
3. Use your biceps muscles to curl the bar all the way up until your forearms touches your biceps. Only your forearms should be moving up with the bar, while keeping your upper arms stationary and your elbows close to your torso throughout the entire movement.
4. Squeeze in your biceps muscles as hard as you can, then slowly bring the bar back down to its starting position while keeping your biceps muscles fully engaged and under constant tension.
5. 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, wrists, shoulders and/or lower back 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 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. It is normal for you to also feel your chest, trapz and lower back muscles getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES:

[EZ Barbell Curls \(Close Grip\)](#) / [Machine Preacher Curls](#) / [EZ Preacher Curls \(Close Grip\)](#) / [Standing Hammer Curls](#) / [Concentration 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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