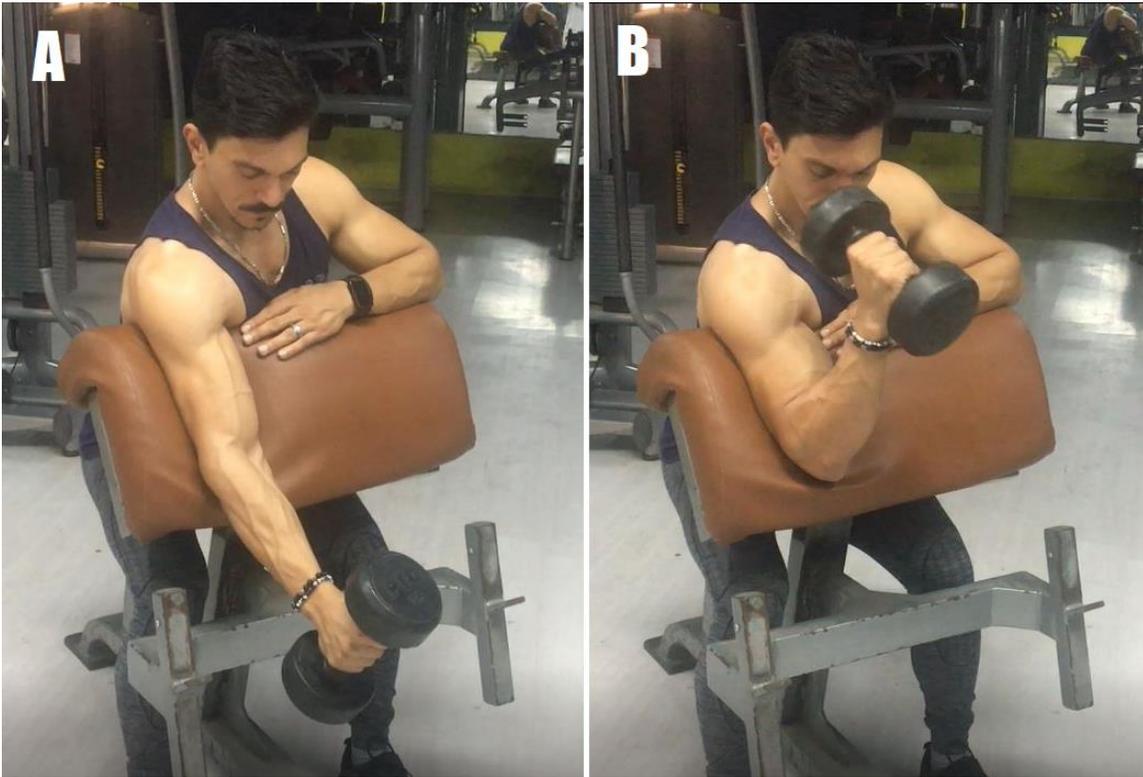


# SINGLE ARM HAMMER PREACHER CURLS



1. Sit firm on a **Preacher Bench** while grabbing a dumbbell in your right hand with the palm of your hand facing inwards. Rest your right upper arm against the padded front of the preacher bench, with your arm almost fully extended with the weight while keeping a slight bent at the elbow. Your other non-lifting arm should be kept in a neutral position resting on top of the preacher bench. 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.
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 and/or wrists 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 feel your forearms muscles getting a little bit more engaged while performing this exercise than while performing other biceps exercises. 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:** [Concentration Hammer Curls](#) / [Single Arm Rope Cable Curls](#)

# SINGLE ARM HAMMER PREACHER CURLS

## 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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