

● Preacher Curls

With a barbell in your hand. Sit at the preacher bench with your elbow and upper arms firmly on the bench pad. Do not let your elbows or upper arms move! Pull the weight up towards your shoulders and squeeze at the top. Do not rock your body... go slowly. Lower the weight to the starting position and start

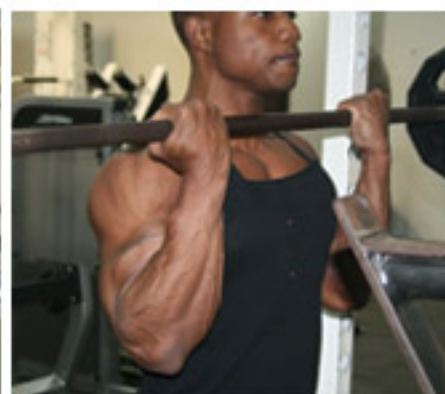


● One-Arm Preacher Curls

Exactly the same as above, only this time you'll be using a dumbbell. Perform your reps on one arm at a time.

● Barbell Curls

With your hands shoulder-width apart, grip a barbell with an underhand grip. Let the bar hang down at arm's length in front of you, with your arms, shoulders and hands in a straight line. WITHOUT leaning back or swinging the weight, curl the bar up toward your chest in an arc. Keep your elbows in the same place and close to your sides,



● High Cable Curls

Stand between two pulley machines and grasp the handles of each side with an underhand grip. Allow your arms to extend straight out to your sides at shoulder level, parallel to the ground. Keeping your elbows set in place, slowly curl your hands toward your shoulders making sure that both of your biceps are doing the work. Squeeze both biceps at the peak of the movement for a one-count and return to the start position and repeat.