

Upper Body - Arms - Biceps

Preacher Biceps Curl with Dumbbell

Focus of exercise: Biceps

Sets _____ x Reps _____



- Standing Base Position
- Grasp dumbbell in one hand
- Place upper arm on incline
- Adjust angle of body for comfort
- Slight bend in elbow aligned below shoulder, tension on biceps
- Wrist stable, palm facing up



- Bend at elbow and raise dumbbell in arced motion to shoulder height
- Hold one count



- Return dumbbell to start position
- Maintain muscle tension
- Hold one count

Work through full range of motion.

Never compromise form.

Steady controlled movement.

Repeat to muscular fatigue.

When set is complete, repeat exercise on opposite arm

Variations:

- Use: Barbell; E-Z bar