

# *Personal Training by Robert J. Bovee*

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## **HAMMER CURLS (DUMBBELL)**

**A. Emphasis.** The primary muscles stressed in this movement are the muscles in the front of your upper arm (brachialis). The secondary muscles stressed are the muscles in your forearm and the front of your shoulder.

**B. Starting Position.** Place a dumbbell in each hand with your palms facing your body. Stand straight up and down with your knees slightly bent, back straight. Allow your arms to extend down at your sides with your elbows straight.

**C. Movement.** Raise the right dumbbell toward the front of your right shoulder while keeping your palms facing in. Only raise the dumbbell up as far as you can without moving your elbow. Contact your bicep hard. Take **2 to 3** seconds to lower the dumbbell down to the extended position. Repeat with the left arm, performing the same amount of reps as you alternate each side.

### **D. Training Tips.**

- 1) Keep your elbows in at your sides as you raise the dumbbell. If you allow your elbow will be using your shoulder to move the dumbbell. If you see that your forearm is straight up and down in the top position, your elbow is too far forward.
- 2) You can vary the exercise by doing both arms at the same time.

### **E. Options**

- 1) You can vary the exercise by doing both dumbbells at that same time

### **F) Warning Tips.**

- 1) **Do not** arch your back when raising the dumbbell up. Failure to do so can result in serious injury to your back.
- 2) **Do not** lower the dumbbell and faster than **2 to 3** seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.
- 2) **Do not** hyperextend your elbow at any time during this movement.