

# *Personal Training by Robert J. Bovee*

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## **PREACHER CURL (DUMBBELL)**

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

**B. Starting Position.** With a dumbbell in your right hand, sit down on the preacher curl seat. Extend your right arm over the arm rest (top of the bench should be at mid-chest or slightly lower. Lean over and rest your upper arm on the armrest with a slight bend in the elbow. Keep your shoulders squared to the armrest with your left hand resting close to your right shoulder.

**C. Movement.** Raise the dumbbell up toward your chin until the bicep is almost vertical keeping your elbow on the pad - **NO HIGHER**. (If the dumbbell is raised any higher it will release the tension on the biceps.) Contract your bicep hard. Take **2 to 3** seconds to lower the dumbbell down to the extended position. Complete all your reps with the right arm before repeating with your left arm.

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

- 1) Remain sitting on the seat during the movement. If you lean forward and pull back with your body you will no longer be isolating your bicep.

### **E. Warning Tips.**

- 1) **Do not** lock out your elbow at the extended position. Failure to do so can result in serious injury to your elbow (hyperextension).
- 2) **Do not** lower the dumbbell any faster than **2 to 3** seconds. You must stay 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.