

ONE-ARM DUMBBELL PREACHER CURL



START POSITION – Stand behind a utility bench (in an inclined position) with one shoulder in line with the bench and a dumbbell in your hand with palm facing up and your arm fully extended. Your upper arm should be flat on the bench with the top of the bench at armpit level. Use your other hand to brace yourself on the bench.

THE MOVEMENT – Keeping your upper arm flat on the bench, curl the dumbbell up to shoulder level. Once the dumbbell is at the top of the range of motion, lower it back down to the start position under control. Do not bounce the dumbbell off of the bench. Perform all repetitions with one arm, then switch sides and perform all repetitions with the other arm in the same fashion.