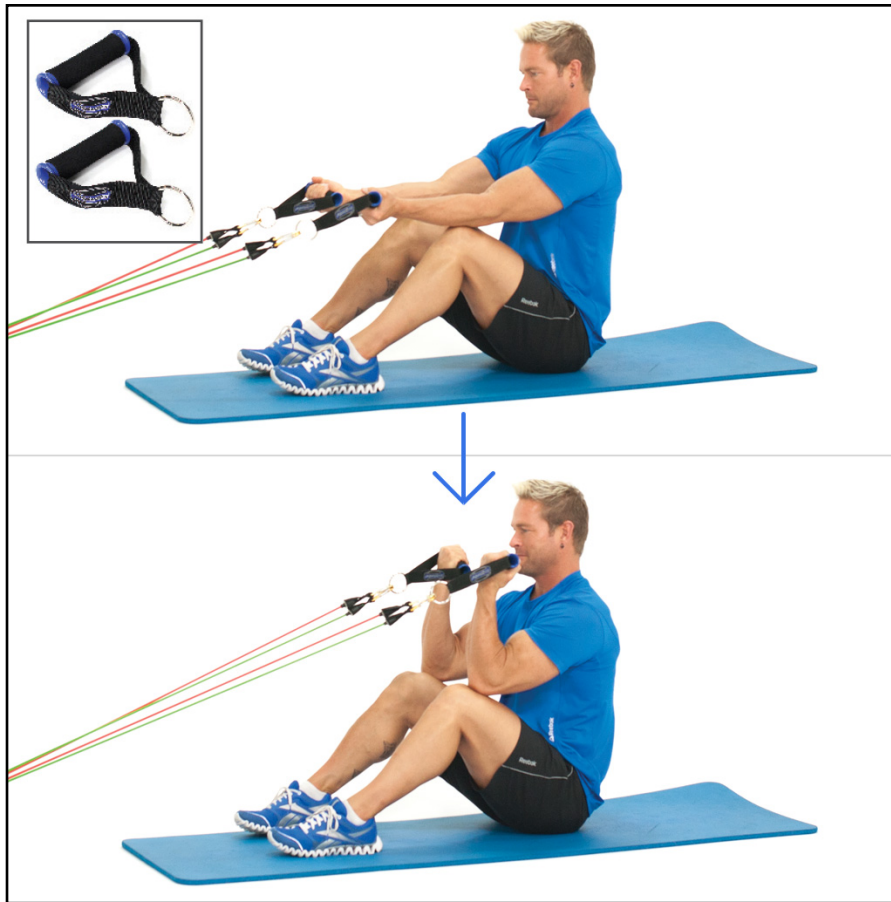


Preacher Curls With Bands

Area Targeted: Biceps



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=7PBGoEqcgc8>

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the bottom of the door.

Bands: Attach each end of the band(s) to a handle.

Body Positioning: Grip a handle in each hand and sit facing the door with your feet 2 to 3 feet from the door. Your feet should be flat on the floor and knees up. Position your arms so that they are almost fully straight with palms facing up and elbows right above your knees. Keep your back straight and chest up.

MOVEMENT:

Pull the handles and bend your arms until your hands are almost touching your face.

POINTS TO REMEMBER:

1. Make sure to fully lengthen your muscles (until your arms are almost straight) and shorten your muscles (when your hands are by your face) the muscle for each repetition.