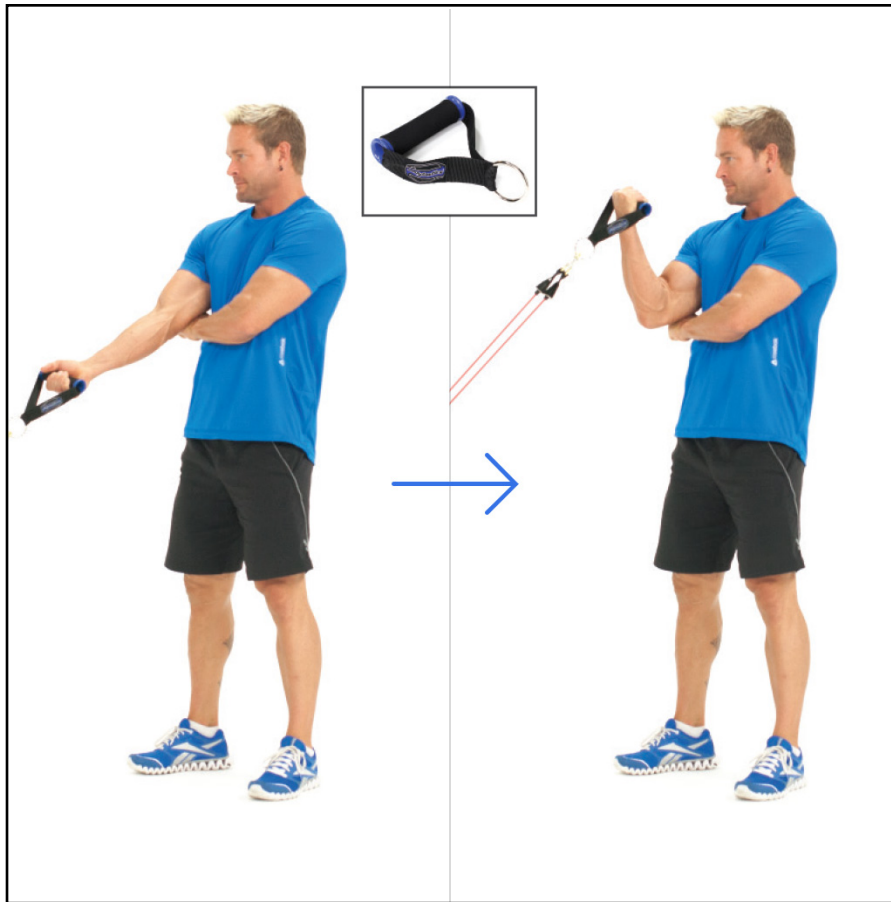


Standing One Arm Preacher Curl (Anchor) With Bands

Area Targeted: Biceps



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=p-kjejOZDnE>

INSTRUCTIONS:

SET UP:

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

Bands: Attach both ends of the band(s) to one handle, and grip the handle with one hand.

Body Positioning: Stand 3 to 4 feet away from the door, facing the door. Stand up straight with your back straight, head straight and chest up. Start with your active arm straight, pointed towards the door anchor with palm up. Place your inactive arm across your body with the back of your inactive hand behind the upper arm of your active arm.

MOVEMENT:

Pull the handle up and back, bending your arm until your hand is at chest height.

POINTS TO REMEMBER:

1. Make sure that you are far enough away from the door so that the elastic is starting to stretch at the beginning of the movement.
2. Keep your upper arm pointed towards the door anchor throughout the movement.