Preacher Curl

Load the EZ curl barbell and secure weights with collars. The unloaded barbell weighs 17 lbs. Alternatively, use a straight barbell or dumbbells for variation. Sit on the machine. Adjust the arm rest height so your arms are in alignment with the pads.

Grasp the inner handles of the EZ-curl bar. Exhale and lift the barbell. Inhale and slowly lower in back to the starting position.