Title: Reverse Grip EZ Curl Bar Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sitting with a tight core in a preacher curl bench, place your elbows on top of the padded surface. Reach down and securely grip the EZ Curl Bar with an </span>overhand <span style="font-weight: 400;">grip.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly lift the bar towards you, moving only the forearms.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once you reach the top, slowly lower the EZ Curl Bar, focusing all of the tension in your bicep muscles.</span></li>

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