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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**Exercise The Right Way – The Hammer Curl**

**By Rick Mitchell**

**Exercise The Right Way – The Hammer Curl by Rick Mitchell**

Other articles in this series looked at a number of exercises, mainly from the perspective of developing a comprehensive muscle building program. Sometimes we take things for granted, especially when it comes to performing the basic exercises that constitute the core of most bodybuilders' training regimes.

It is useful, therefore, to describe in detail the processes involved in actually doing these exercises. This will help beginners to start out using the correct techniques before moving on to potentially more dangerous heavy weights. If it also helps more experienced lifters to redress some of the little faults that have almost imperceptibly crept in over the years, all the better.

In this article we'll take a close look at the hammer curl using dumbbells.

**MUSCLES TARGETED:** brachialis, biceps brachii, brachioradialis

**PREPARATION**

Grasp two dumbbells using a closed grip.

**STARTING POSITION**

Stand erect with the feet shoulder width apart, knees slightly flexed.  
Place the dumbbells beside the thighs with the elbows fully extended.  
Palms should be facing the outer thighs.  
Position the upper arms against the sides of the torso.

**UPWARD MOVEMENT**

Flex the elbow of one arm until the dumbbell is within a few inches of the front deltoid.  
Keep the torso erect and the upper arm stationary.  
Keep the dumbbell in neutral grip position.

## Exercise The Right Way – The Hammer Curl

Keep all movements smooth.

### DOWNWARD MOVEMENT

Allow the elbow to slowly extend to the starting position.

Keep dumbbell in neutral grip position.

Keep the torso and knees in the same position.

Repeat the same movements with the other arm.

Repeat or finish set.

Rick Mitchell is the creator of the [bodybuildingadvisor.com](http://bodybuildingadvisor.com) website that provides guidance and

information to athletes at all levels of bodybuilding experience. Go to

to learn

more about the issues covered in this article.

### **Guitar Lessons - Hammer-On, Pull-Offs**

**By Bill McRea**

One of the primary legato techniques all guitarists must learn is the hammer-on, pull-off. This technique is important because it allows for nuances in tone and expression, and it allows the picking hand a "break" since it does not have to pick the notes on the hammer-on or the pull-off. This results in a faster progression of notes, sometimes called licks.

The hammer-on is accomplished when you pick a note and then using another finger hammer down on the same string. The sound of the hammered note is less pronounced than the picked note. For example place your first finger on the 5th fret of the 3rd string, and the hammer down your third finger on the 7th fret of the 3rd string. Don't use your just quickly strike the second fret position with the tip of your 3rd finger. This would be described in guitar tab as 5h7 or 5 hammer 7. Keep your first finger on the 5th fret because you are going to pull-off of the 7th fret in the next example.

The pull-off results when you release a plucked note with enough force such that the second fretted note rings. This may require a slight side way motion to create enough friction to cause the string to ring out. The sound of the pulled-off note is less pronounced since you aren't using your pick to create it. This would be illustrated in guitar tab 7p5 or 7 pull 5.

If you combine these techniques you can create very fast note runs or licks. Imagine how this sequence of hammer-on, pull-off's would sound when played very quickly 5h7p5h7p5. In deed the hammer-on, pull-off technique is the cornerstone for legato and most speed playing techniques.

It takes time to perfect the technique but it is worth the effort.

Bill McRea is the publisher of

and

. Bill

has owned and operate a highly successfull guitar business until he sold the business in 2004.



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