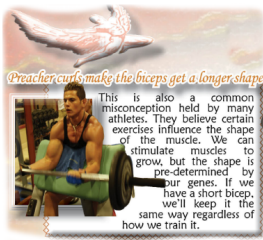


Preacher curls make the biceps get a longer shape

Written by

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This is also a common misconception held by many athletes. They believe that certain exercises influence the shape of the muscle. We can stimulate muscles to grow, but the shape is predetermined in our genes. If we have a short bicep, we will keep it the same way regardless how we train it.