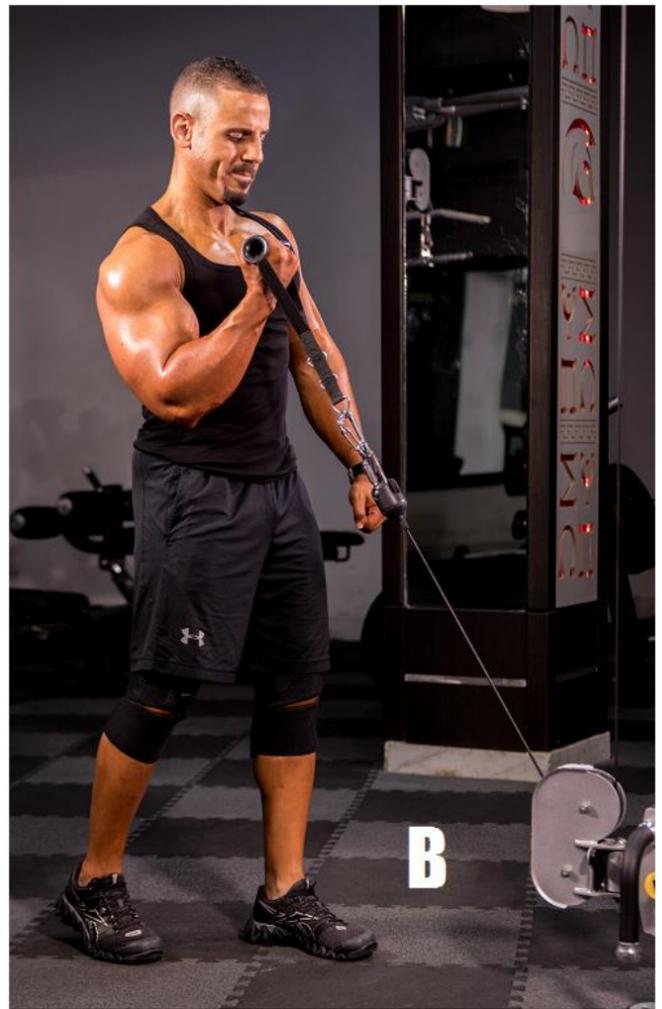
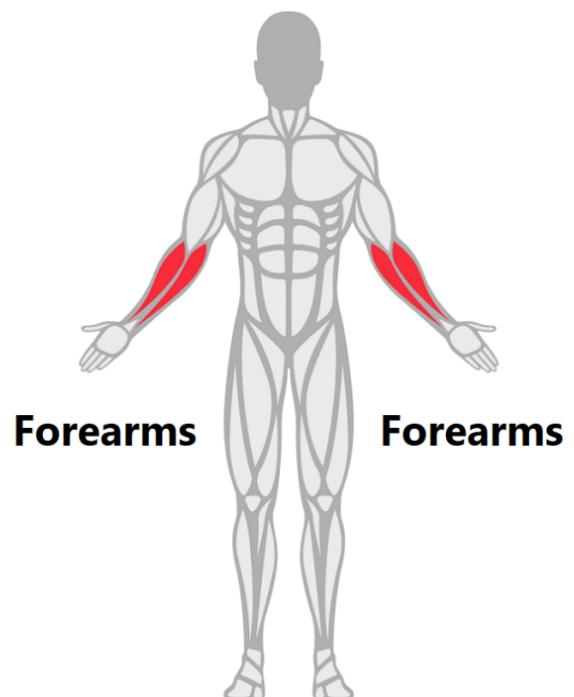
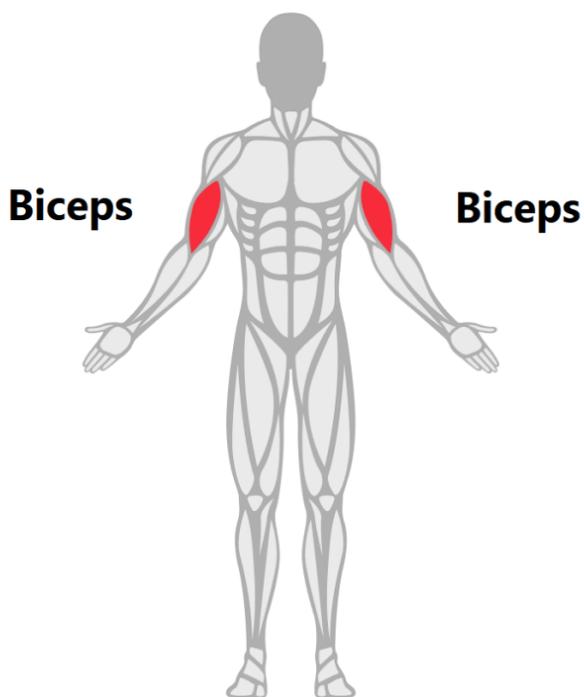


SINGLE ARM CABLE CURLS



PRIMARY MUSCLE

SECONDARY MUSCLE



>> **Primary Muscle Group**
%70 - %90 of the workload.

>> **Secondary Muscle Group**
%10 - %30 of the workload.

ALTERNATIVE EXERCISES



STANDING SINGLE DUMBBELL CURLS

MACHINE ISOLATED PREACHER CURLS

SINGLE ARM BAND BICEPS CURLS