

OBLIQUES CABLE CRUNCHES



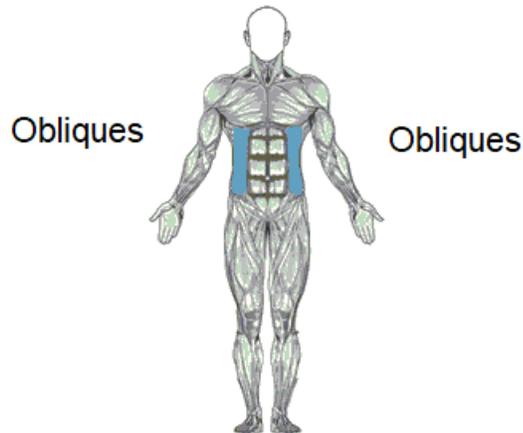
1. Attach a **Single Arm Grip** to the top of a pulley machine or a cross cable machine then select your desired weight resistance to be used.
2. Stand tall a couple of feet away from the pulley then grasp the arm grip with your right hand in an underhand grip with the palm of your hand facing you and with your elbow pointing forward. Your upper arm should remain stationary (not moving) at all times. Place your other non-lifting hand right on top of your right side obliques to have a better feel when you start contracting your obliques muscles. Place your right foot on the same line as your torso, with your left foot placed slightly backwards. Make sure you face the pulley in a slightly titled position to better engage your obliques muscles, and make sure you stand far enough from the pulley so your core muscles are under constant tension once you've grabbed the arm grip. This will be your starting position.
3. With your hips stationary (not moving), start contracting your right side obliques muscles by crunching down with your torso towards your right side so your right elbow starts travelling down with your arm holding on to the arm grip.
4. Slowly return the arm grip back up to it's starting position while keeping your right side obliques muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.
6. Switch hands, sides and legs positions then repeat the same exact motion for the same recommended amount of repetitions.

CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any core (abdominals or lower back) injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your obliques muscles -as it should- instead of having you rely on your arms, shoulders and/or lats muscles to perform this exercise. Lower down the weight resistance if you felt that your obliques muscles are not fully engaged as they should.

ALTERNATIVE EXERCISES: [Obliques Extensions](#) / [Decline Cable Woodchoppers](#)

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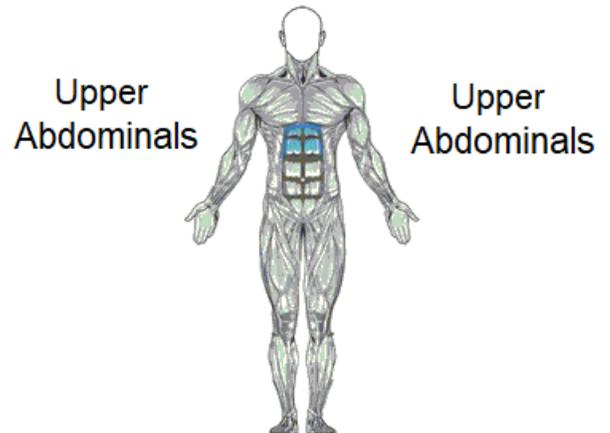
PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLE



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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