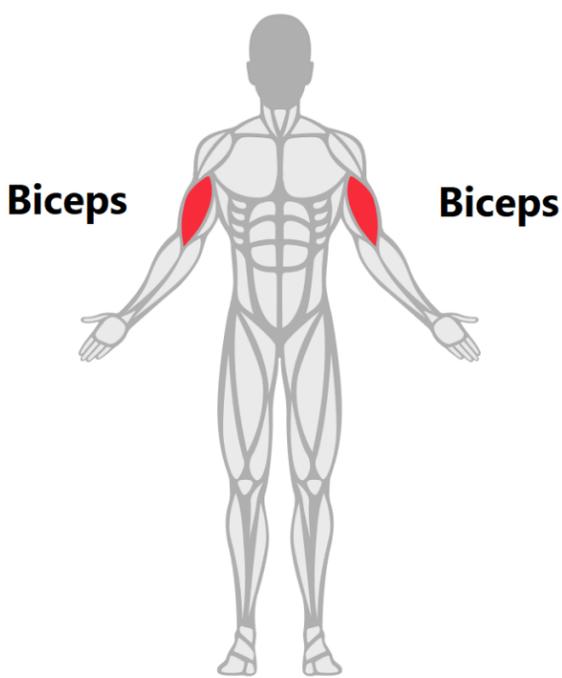


ROPE CABLE CURLS

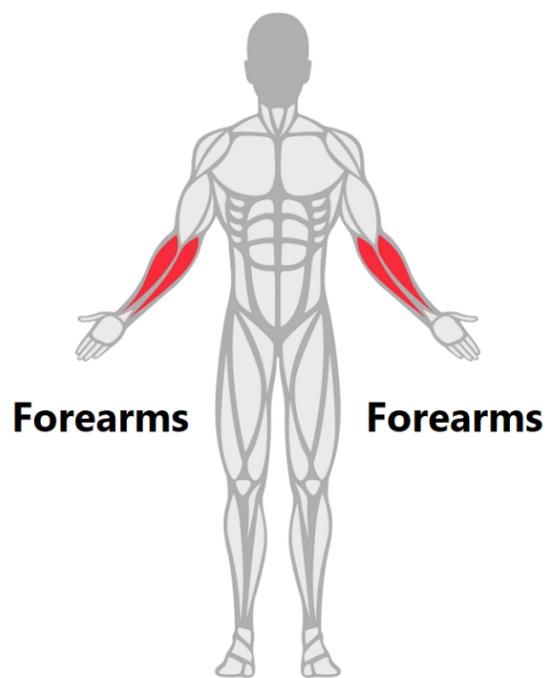


PRIMARY MUSCLE



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

SECONDARY MUSCLE



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

ALTERNATIVE EXERCISES



STANDING HAMMER CURLS

EZ BARBELL CURLS - NARROW

MACHINE HAMMER PREACHER CURLS

BAND HAMMER CURLS