

SINGLE ARM ROPE CABLE EXTENSIONS



1. Tie a **Rope** into a knot and attach it to the highest point of a pulley machine or a cross cable machine, then select your desired resistance to be used. Stand tall about a foot away from the pulley, with your torso held upright & straight and while slightly leaning forward. Grab the end of the rope with your right hand in a neutral grip where the palm of your hand is facing inwards, then pull it down just a few inches until your upper arm is perpendicular to the floor, and your elbow is right next to your torso. Your other non-lifting hand should be at your side grabbing your waist, or kept in a neutral state just by your side. Place your right foot a bit backward, and your left foot firm at your front. This will be your starting position.
2. Now use your right arm's triceps muscle to extend your arm all the way down with the rope until your arm is fully extended and perpendicular to the floor. Only your forearm should be moving up & down with the rope, while keeping your upper arm stationary and your elbow close to your torso throughout the entire movement.
3. Slowly return the rope back up to its starting position while keeping your triceps muscle fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch arms and legs positions then perform the same exact motion for the same amount of repetitions with your other arm.

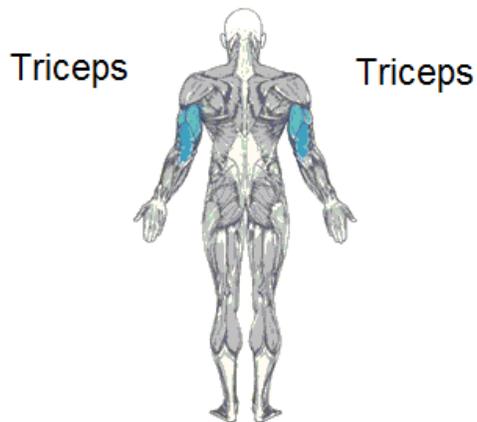
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any triceps, elbows, shoulders and/or wrists injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your triceps muscles -as it should- without putting your arm and/or shoulder at risk for injury. Lower down the weight resistance if you felt that you can't properly extend your arm with the rope without straining your elbow and/or shoulder, or if you can't properly execute a full range of motion with full extension & full contraction. It is normal for you to also feel your chest, shoulders and upper abdominal muscles getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES:

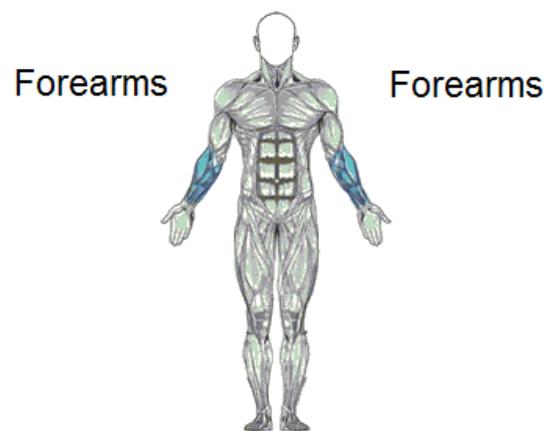
[Single Arm Cable Push Downs](#) / [Seated Single Arm Dumbbell Extensions](#) / [Lying Single Arm Dumbbell Extensions](#)

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PRIMARY MUSCLE



SECONDARY 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.

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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