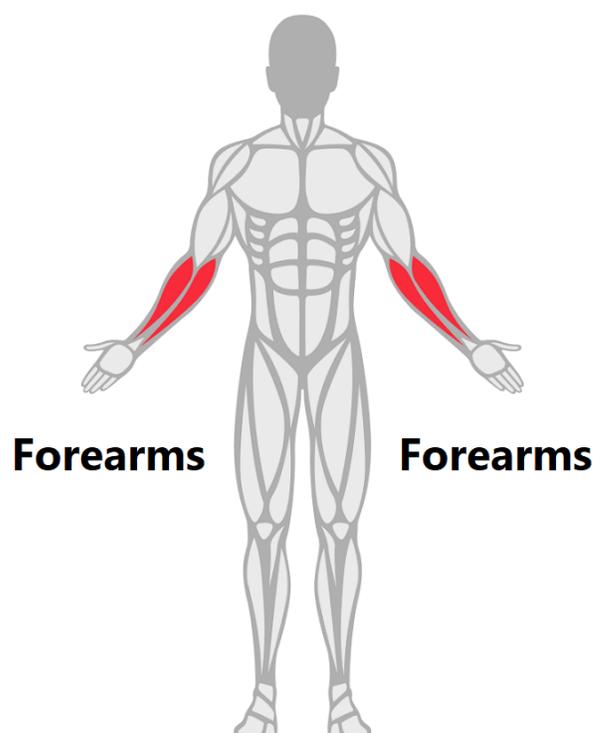
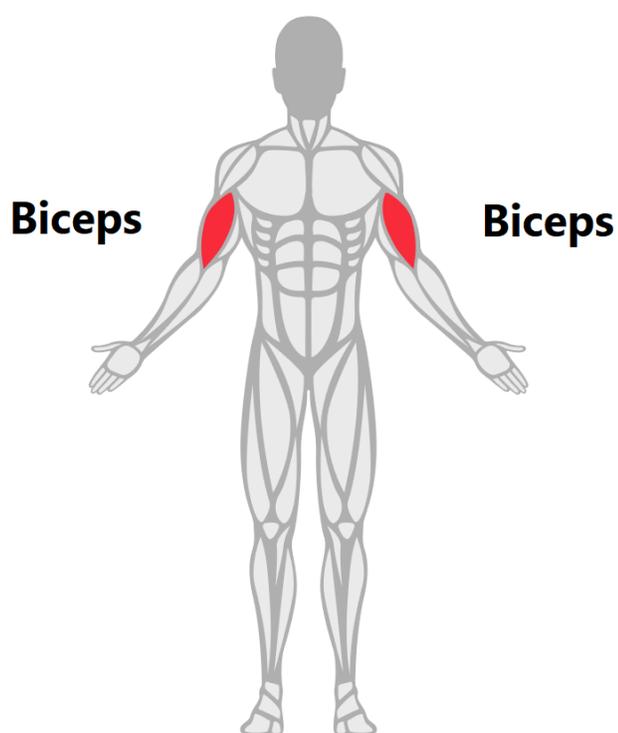


SINGLE ARM ROPE CABLE CURLS



PRIMARY MUSCLE

SECONDARY MUSCLE



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

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

ALTERNATIVE EXERCISES



STANDING SINGLE HAMMER CURLS

MACHINE ISOLATED HAMMER PREACHER CURLS

SINGLE ARM BAND HAMMER CURLS