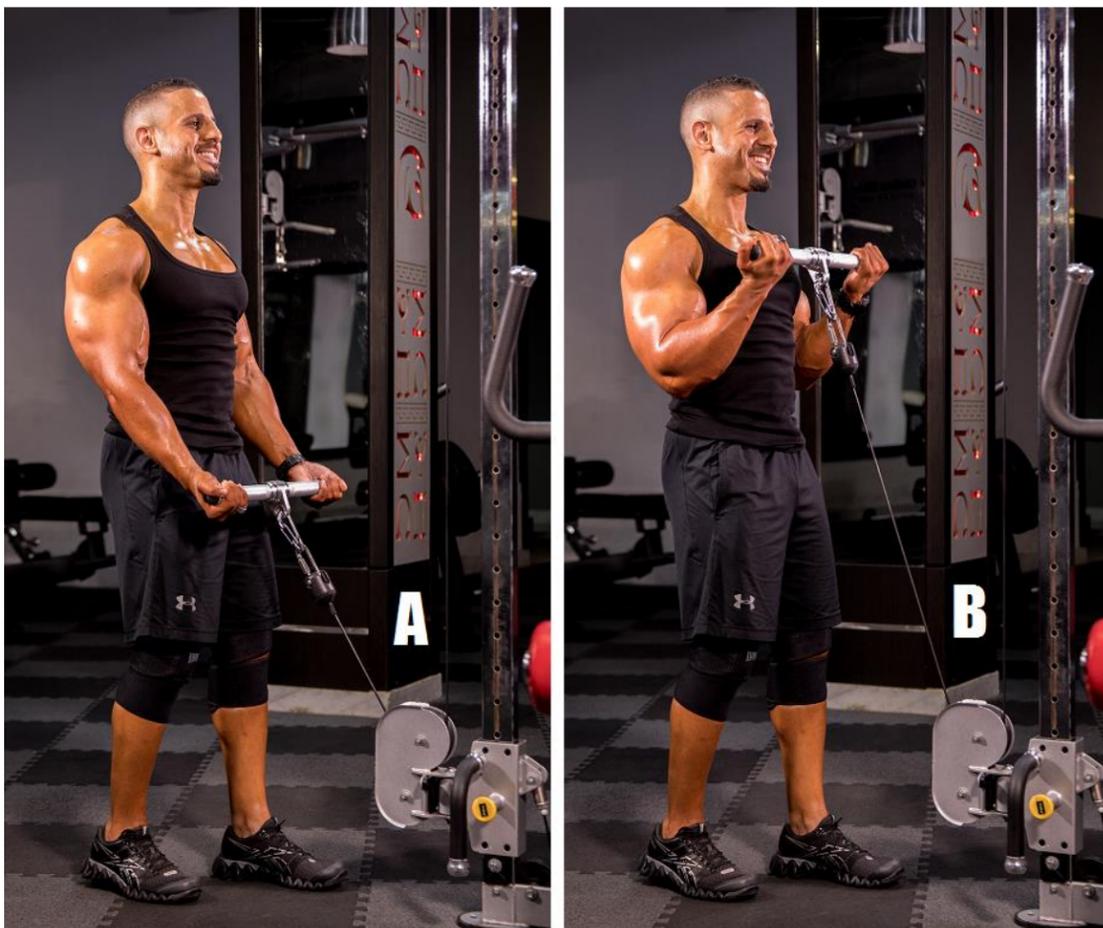
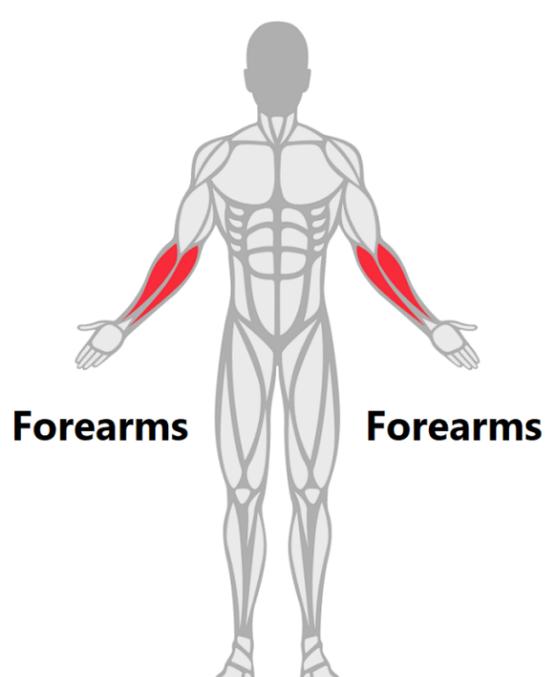
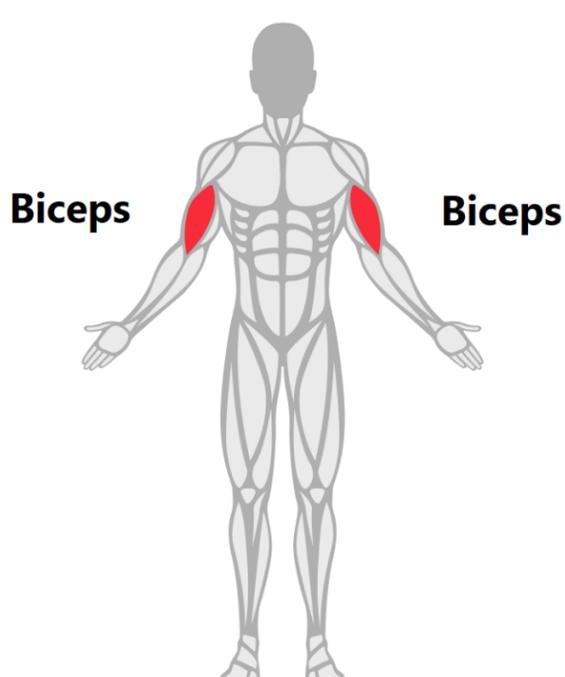


STRAIGHT BAR CABLE CURLS



PRIMARY MUSCLE

SECONDARY MUSCLE



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

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

ALTERNATIVE EXERCISES



STRAIGHT BARBELL CURLS

EZ BARBELL CURLS - WIDE

STANDING DUMBBELL CURLS

MACHINE PREACHER CURLS

BAND BICEPS CURLS