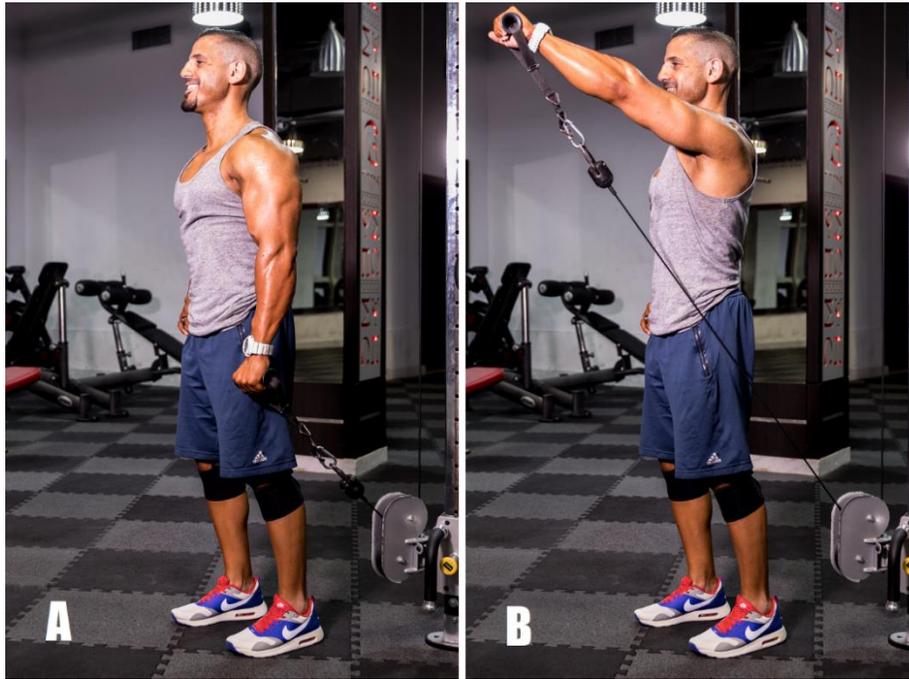


SINGLE ARM FRONT CABLE RAISES



1. Attach a **Single Arm Grip** to the lowest point of a pulley machine or a cross cable machine then select your desired resistance to be used. Stand tall about one foot away with your back facing the machine. Make sure you stand far enough from the machine that your arm and shoulder are kept under constant tension once you've grabbed the handle.
2. Grab the arm grip with one hand in an overhand grip, with the palm of your hand facing the pulley and with your arm fully extended right at your side. Your other non-lifting hand should be at your side grabbing your waist to give you some balance, with your feet placed close to each other a bit closer than hips width apart. This will be your starting position.
3. While maintaining a straight & stationary posture, use your front shoulder muscles to lift the arm grip all the way up to your front, while keeping a slight bent at the elbow, and your palm still facing inwards. Continue to go up until your hand reaches your eyesight level, or a bit higher if you can. **Tip:** Do NOT swing the arm grip and always maintain a straight & upright posture while performing this exercise.
4. Slowly bring the arm grip back down to it's starting position, while keeping the front region of your shoulder muscles fully engaged and under constant tension. Only your arm should be moving up and down with the arm grip while the rest of your body should remain stationary (not moving).
5. Repeat this motion for the recommended amount of repetitions.
6. Switch arms and perform the same exact motion for the same amount of repetitions with your other arm.

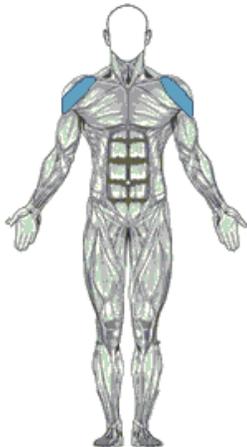
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any shoulders, neck and/or lower back injury. A proper adjusted weight setting that is not too heavy should have you mostly engage the front region of your shoulders muscles -as it should- without straining your neck or putting your shoulders and/or back at risk for injury. Lower down the weight resistance if you ever felt that you're over straining your shoulders and/or are tempted to swing the arm grip up. This exercise is not meant to be done with a heavy weight setting, so rather focus on executing a perfect form than focusing on lifting heavy. It is normal for you to feel a slight burn in your forearms due to the effort being done to keep holding onto the arm grip the entire time while performing this exercise.

ALTERNATIVE EXERCISES: [Standing Single Arm Front Dumbbell Raises](#) / [Seated Single Arm Front Dumbbell Raises](#)

SINGLE ARM FRONT CABLE RAISES

PRIMARY MUSCLE

Front Shoulders



Front Shoulders

SECONDARY MUSCLE

Trapezius



Trapezius

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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