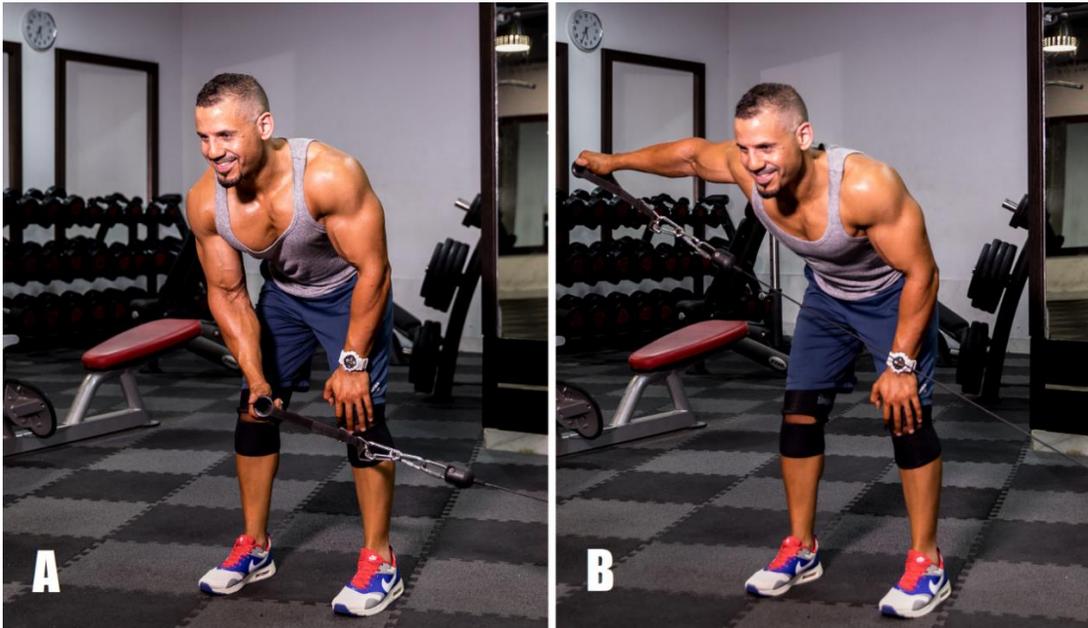


# BENT OVER CABLE EXTENSIONS



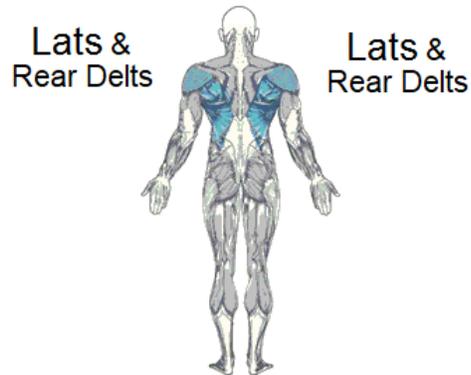
1. Stand a couple of feet away with your left side facing a pulley machine or a cross cable machine that has a **Single Arm Grip** attached to it's lowest end, then select your desired weight resistance to be used.
2. Slightly bend your knees and bring your torso forward by bending at the hip/waist while keeping your back straight until your torso becomes almost parallel to the floor. Use your right hand that's far from the pulley to come across your body and grab the arm grip with your palm facing the machine and your arm hanging down at your front while being perpendicular to your torso. Your other non-lifting hand should be at your side grabbing your waist or on top of your thigh to give you some balance, with your feet placed at about hips width apart. Make sure to keep your chin held slightly up to force your spine to stay straight. This will be your starting position.
3. With your arm slightly bent, pull the arm grip all the way up to your side until your arm is parallel to the floor. Make sure to squeeze in your shoulder blades together as you flex your right arm's rear delts & trapezius muscles as hard as you can. Rely mostly on your rear delts & trapezius muscles to perform this exercise rather than your arm. **Tip:** Do NOT swing the arm grip and always maintain a straight & upright torso while performing this exercise.
4. Slowly bring the arm grip back down to it's starting position while keeping your rear delts & trapezius 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 sides 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 shoulders, neck and/or lower back injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your rear delts & trapezius muscles -as it should- without straining your neck or putting your shoulders and/or your 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 also feel your back muscles getting slightly engaged while performing this exercise.

**ALTERNATIVE EXERCISES:** [Single Arm Rear Delts Machine Flys](#) / [Standing Rear Delts Cable Extensions](#)

# BENT OVER CABLE EXTENSIONS

## PRIMARY MUSCLE

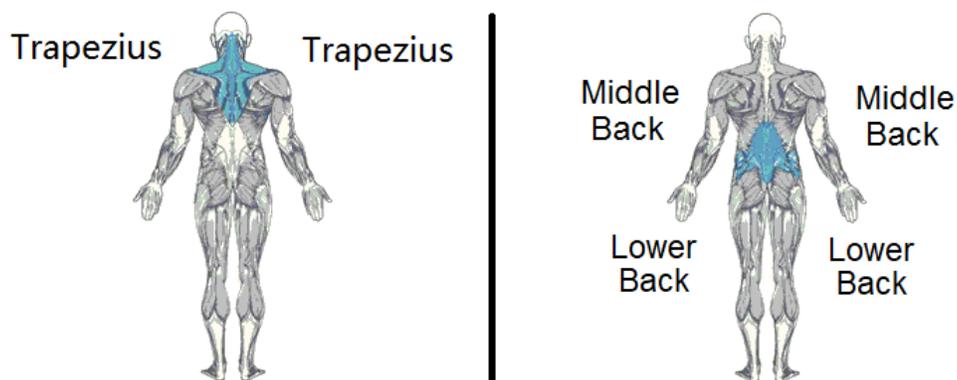


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

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## SECONDARY MUSCLES



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 **%30 - %40** when performing this exercise.

# BENT OVER CABLE EXTENSIONS



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