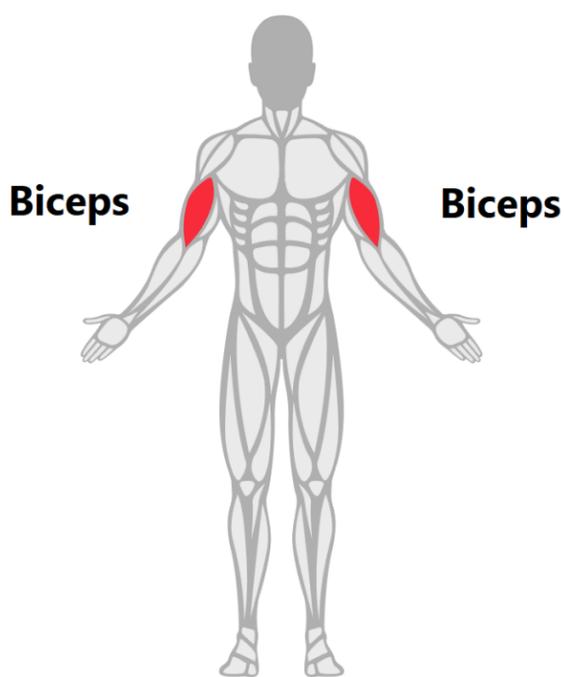


## EZ CABLE CURLS (WIDE GRIP)

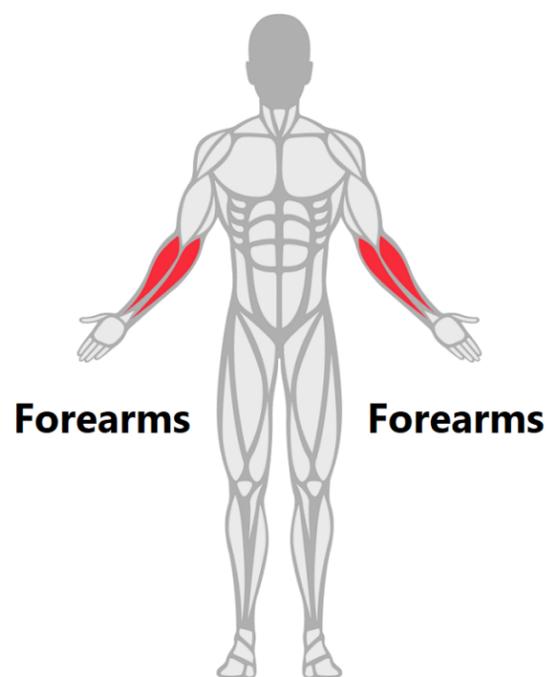


### PRIMARY MUSCLE



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

### SECONDARY MUSCLE



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

## ALTERNATIVE EXERCISES



**EZ BARBELL CURLS - WIDE**

**STANDING DUMBBELL CURLS**

**MACHINE PREACHER CURLS**

**BAND BICEPS CURLS**