

# BAR FRONT CABLE RAISES



1. Stand tall with your back against a pulley machine or a cross cable machine with a **Straight Bar** attached to it's lowest end. Select your desired resistance to be used, then put your arms straight down at your front while holding onto the bar from both sides in an overhand grip with the palms of your hands facing down. The cable path should come from between your feet, with your feet placed at about hips width apart. This will be your starting position.
2. While maintaining a straight & stationary posture, use your front shoulder muscles to lift the bar all the way up to your front, while keeping a slight bent at the elbows, and with your palms still facing down. Continue to go up until the bar reaches your eyesight level or a bit higher if you can. **Tip:** Do NOT swing the bar and always maintain a straight & upright posture while performing this exercise.
3. Slowly bring the rope back down to it's starting position, while keeping the front region of your shoulders muscles fully engaged and under constant tension. Only your arms should be moving up and down with the bar while the rest of your body should remain stationary (not moving).
4. Repeat this motion for the recommended amount of repetitions.

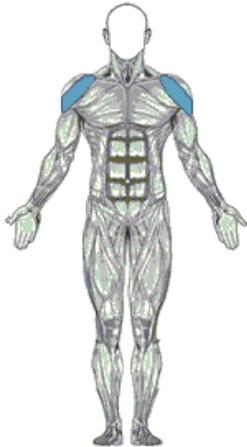
**CAUTION:** NEVER use a heavy weight setting when performing this exercise to avoid getting any shoulders, neck and/or lower back injury. A proper adjusted weight setting that is not too heavy should have you mostly engage the front region of your shoulders muscles -as it should- without straining your 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 bar 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 bar the entire time while performing this exercise.

**ALTERNATIVE EXERCISES:** [Front Barbell Raises](#) / [Rope Front Cable Raises](#)

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## PRIMARY MUSCLE

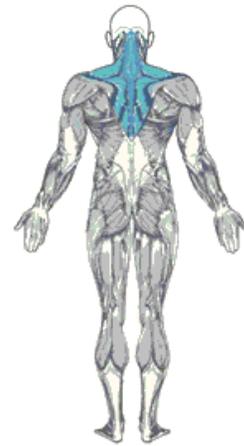
Front Shoulders



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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