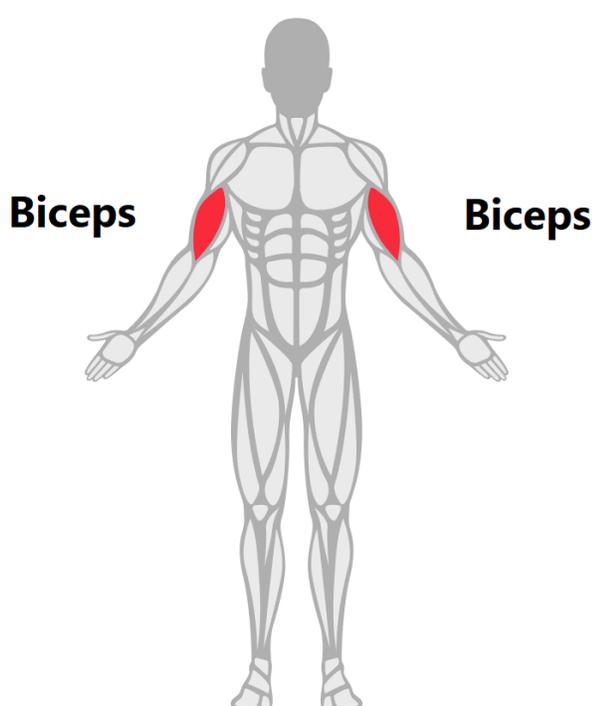


# SINGLE ARM HIGH CABLE CURLS

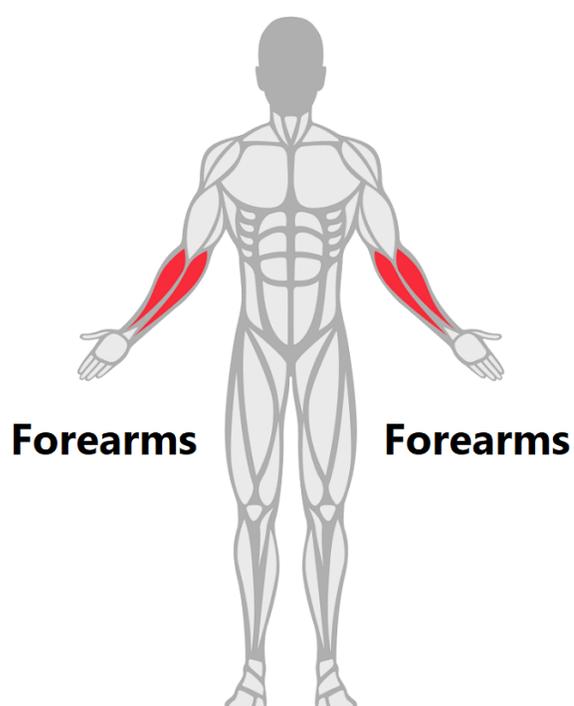


## PRIMARY MUSCLE



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

## SECONDARY MUSCLE



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

# ALTERNATIVE EXERCISES



**STANDING SINGLE DUMBBELL CURLS**

**MACHINE ISOLATED PREACHER CURLS**

**SINGLE ARM HIGH BAND CURLS**