

STANDING REAR DELTS CABLE EXTENSIONS



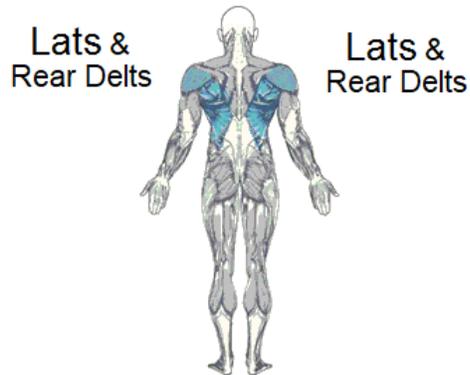
1. Attach a **Single Arm Grip** to a pulley machine or a cross cable machine and adjust it's height to a medium level in which the cable is aligned with the same horizontal level as your chest (nipple line) then select your desired resistance to be used. Stand tall just around an arm's length away from the machine with the pulley facing your left side. Make sure you stand far enough from the machine that your arm and shoulder are kept under constant tension once you've grabbed the arm grip.
2. Use your right hand that's far from the pulley to come across your body and grab the arm grip with your palm facing you, and your elbow slightly bent. Your other non-lifting hand should be at your side grabbing your waist to give you some balance, with your feet placed a bit wider than shoulder width apart. This will be your starting position.
3. With your arm slightly bent, pull the arm grip all the way across your body and to your side until your arm is fully extended and perpendicular to your torso. Make sure to squeeze in your shoulder blades together as you flex your right arm's rear deltoids & trapezius muscles as hard as you can. Rely mostly on your rear deltoids & trapezius muscles to perform this exercise rather than your arm. **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 to it's starting position while keeping it on the same horizontal line as your chest, and while keeping your rear deltoids & trapezius muscles fully engaged and under constant tension. Only your arm should be moving side ways 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 deltoids & 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 feel your back muscles also getting slightly engaged while performing this exercise.

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

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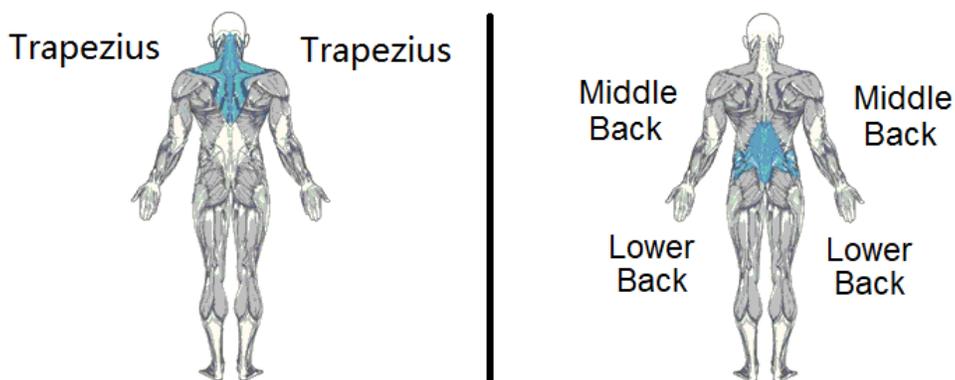
PRIMARY MUSCLE



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.

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.

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