

HALF KNEEL SINGLE ARM CABLE PULLS



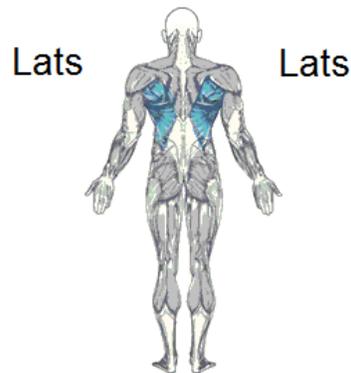
1. Attach a **Single Arm Grip** to the top of a pulley machine or a cross cable machine, then select your desired resistance to be used.
2. Take a half kneel stance in front of the pulley machine while holding the **Single Arm Grip** in your right hand, with your arm fully extended and the palm of your hand facing inwards. Your left non-lifting hand should be on top of your left half kneeling bent knee, or on top of your left thigh just to give you some support. Your right -kneeling knee- should be on the same side as your right hand grabbing the arm grip. This will be your starting position.
3. Now use your right side lat muscle to pull the **Single Arm Grip** all the way down until your right elbow reaches the right side of your rib cage. Your torso should remain stationary (not moving) throughout the entire movement.
4. Slowly return the **Single Arm Grip** all the way back up to it's starting position, while keeping your right side lat muscle fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.
6. Switch hands and legs positions then repeat the same exact motion for the same recommended amount of repetitions.

CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any back, shoulders, biceps and/or wrists injury. Do NOT rotate or twist your torso when pulling down the weight. A proper adjusted weight setting that is not too heavy should have you mostly engage your lats muscles -as it should- instead of having you rely on your arms to perform this exercise. Lower down the weight resistance if you ever felt your arms are being more engaged than your lats muscles -which should be the main muscle group you're targeting. It is normal for you to feel your core muscles (abdominals) also getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES: [Single Arm Lat Pull Downs](#) / [Rope Cable Pull Overs](#) / [Lat Pull Downs \(V Bar\)](#)

HALF KNEEL SINGLE ARM CABLE PULLS

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 **%80 - %90** 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 **%20 - %10** when performing this exercise.

HALF KNEEL SINGLE ARM CABLE PULLS



YOUR_BEST_STARTS_HERE

www.fitnesslegacy.net