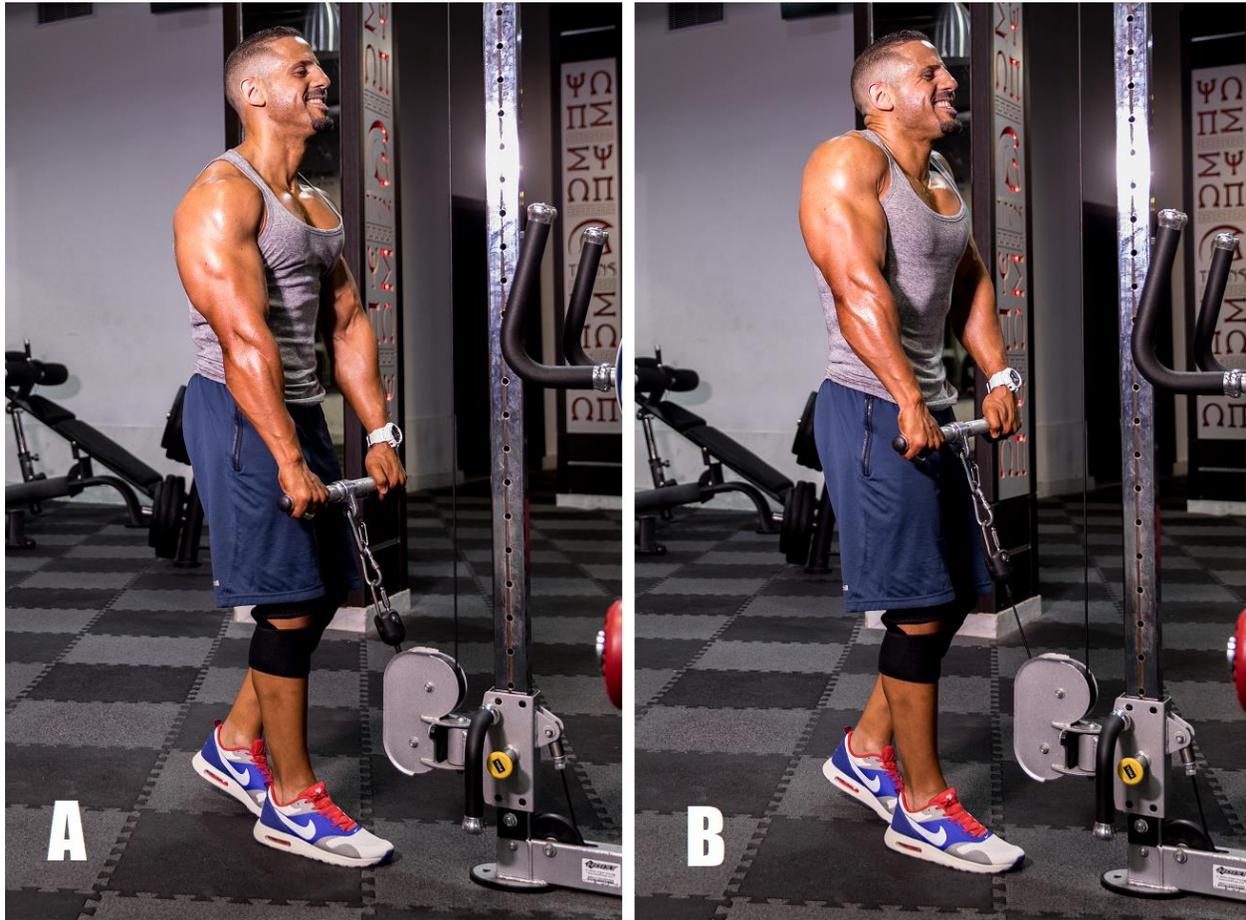


STRAIGHT BAR CABLE SHRUGS



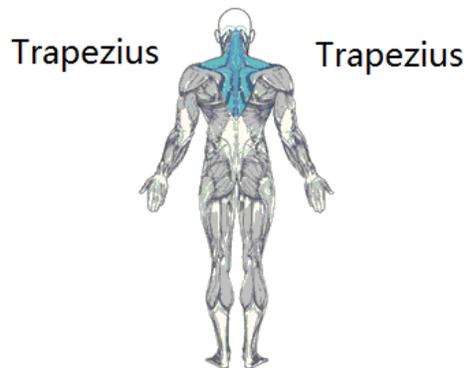
1. Attach a **Straight Bar** to the lowest point of a pulley machine or a cross cable machine then select your desired resistance to be used. Stand tall while grabbing the two ends of the bar in an overhand grip with the palms of your hands facing down, and with your arms fully extended hanging down at your front. Keep your feet close to each other or place them at about hips width apart. This will be your starting position.
2. Use your trapezius muscles to lift the bar up by elevating both your shoulder blades as high as you can as if you're trying to let your shoulders touch your ears, while keeping your elbows locked and your arms fully extended with the bar throughout the entire movement.
3. Once your trapezius muscles have reached full contraction, slowly begin to lower the bar back down to it's starting position, while keeping your trapezius muscles fully engaged and under constant tension.
4. Repeat for the recommended amount of repetitions.

CAUTION: NEVER use a very heavy weight setting when performing this exercise to avoid getting any neck, back, shoulders and/or wrists injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your trapezius muscles -as it should- without putting negative pressure on your spine or putting your shoulders at risk for injury. Lower down the weight resistance if you ever felt that you're over straining your neck, back and/or shoulders.

ALTERNATIVE EXERCISES: [Straight Barbell Shrugs](#) / [Standing Front Dumbbell Shrugs](#)

STRAIGHT BAR CABLE SHRUGS

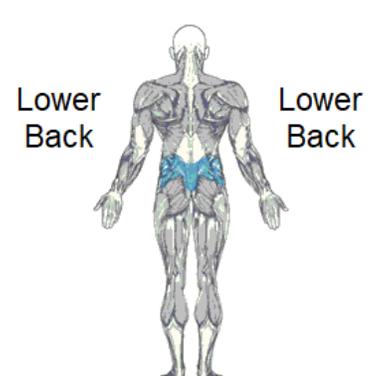
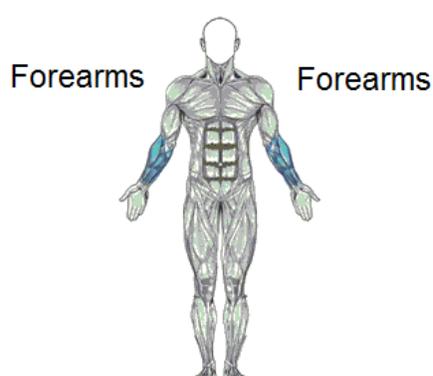
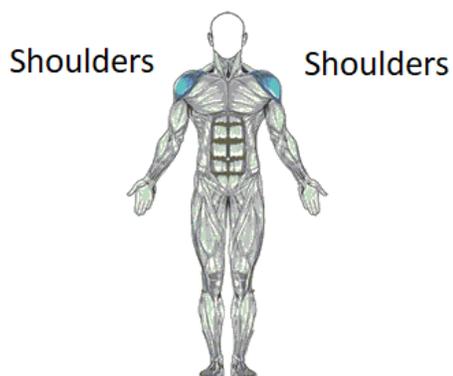
PRIMARY MUSCLES



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 **%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** when performing this exercise.

STRAIGHT BAR CABLE SHRUGS



YOUR_BEST_STARTS_HERE

www.fitnesslegacy.net