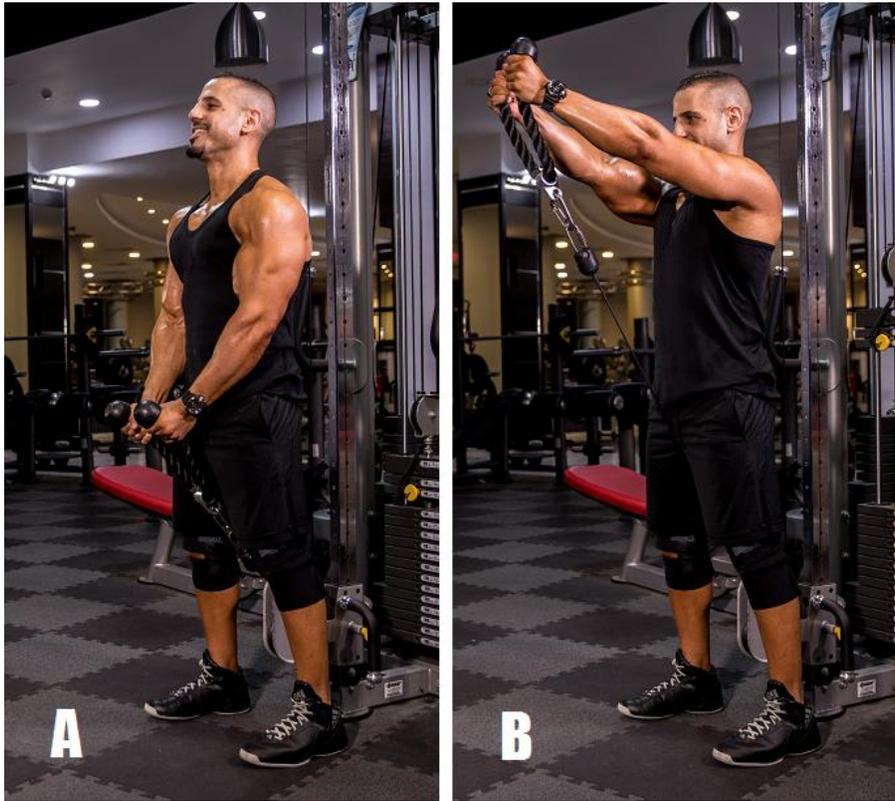


ROPE FRONT CABLE RAISES



1. Stand tall with your back against a pulley machine or a cross cable machine with a **Rope** attached to it's lowest end. Select your desired resistance to be used, then put your arms straight down at your front and hold onto the rope from both ends in a neutral grip with the palms of your hands facing each other. 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 shoulders muscles to lift the rope all the way up to your front, while keeping a slight bent at the elbows, and with your palms still facing each other. Continue to go up until your hands reach your eyesight level or a bit higher if you can. **Tip:** Do NOT swing the rope 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 rope while the rest of your body should remain stationary (not moving).
4. Repeat this motion for the recommended amount of repetitions.

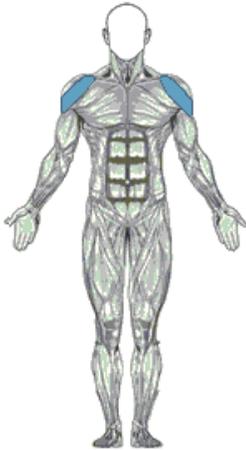
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any shoulders, neck and/or lower back injury. A proper adjusted weight setting that is not too heavy should have you mostly engage the front region of your shoulders muscles -as it should- without straining your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

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

ROPE FRONT CABLE RAISES

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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