

# SINGLE ARM ROPE CABLE CURLS



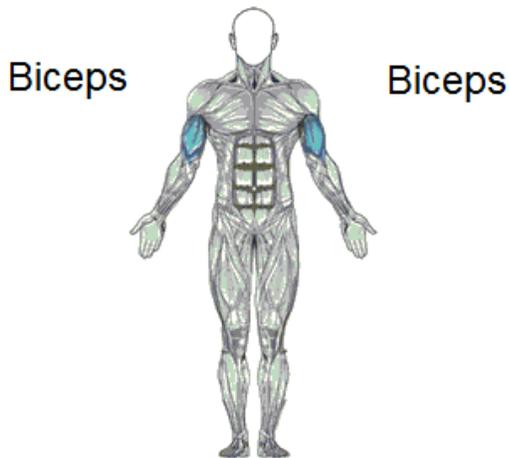
1. Stand up with your torso upright while grabbing a single end of a **Rope Handle** that's been tied into a knot and that is attached to a low pulley machine or a cross cable machine. Make sure you are far enough from the machine that you can fully extend your arm when performing this exercise.
2. Keep your upper arm stationary (not moving) at all times as well as your elbow while grabbing the **Rope Handle** in a neutral 'hammer' grip (palm facing inwards). Your non lifting arm should be neutral at your side or grabbing your waist to give you some balance. Place your foot on your curling arm's side slightly at the back, with your other foot firmly at your front to give you balance (make sure to switch your feet position when switching your curling arm). This will be your starting position.
3. Begin to curl the **Rope Handle** upwards while keeping your upper arm stationary (not moving) at all times until your forearm touches your bicep. **Tip:** Only your forearm should be moving upwards.
4. Squeeze your bicep muscle then slowly lower down the **Rope Handle** back down to its starting position.
5. Repeat for the recommended amount of repetitions.
6. Switch arms and perform the same amount of repetitions with your other arm.

**CAUTION:** Never use a 'Heavy' weight setting when performing this exercise to avoid any Biceps and/or Forearms injury. Also to avoid having your Forearms muscles take over most of the work load and act as your (primary muscle group) during this exercise instead of acting as an 'assisting' muscle group -as they should. If you ever felt that your Forearms muscles are being engaged more than your Biceps muscles - STOP immediately - lower down the weight and try again till you feel your Biceps are handling most of the work load.

**ALTERNATIVE EXERCISE:** Single Arm Hammer Curls (Standing) or Single Arm Hammer Curls (Seated)

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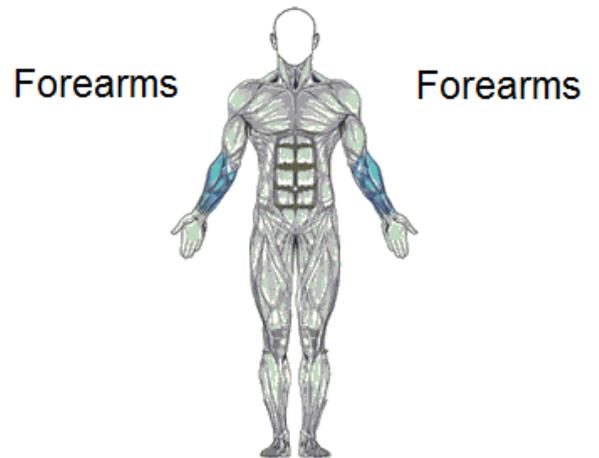
## PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or used when performing a certain exercise.

Muscle engagement should be **%90 - %80** when performing this exercise.

## SECONDARY MUSCLE



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



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