

REAR SIDE CABLE RAISES



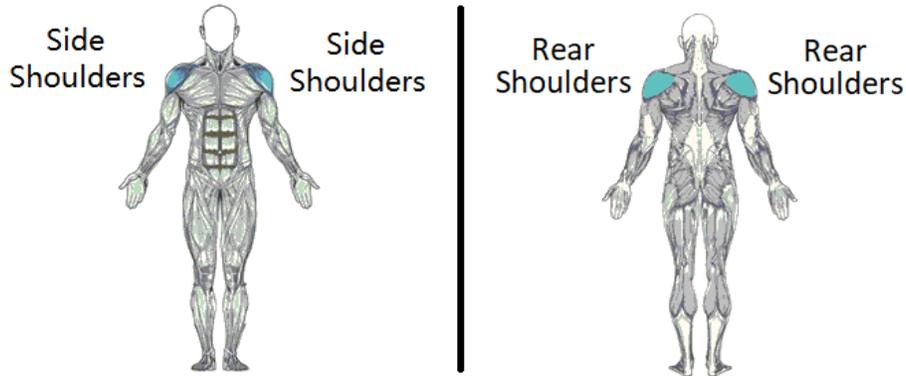
1. Attach a **Single Arm Grip** to the lowest point of a pulley machine or a cross cable machine then select your desired resistance to be used. Stand tall just a couple of feet away from the machine with the pulley facing your left side. Make sure you stand far enough from the machine that your arm and shoulder are kept under constant tension once you've grabbed the arm grip.
2. Use your right hand to come across your body from behind and grab the arm grip with your arm fully extended down behind you, while keeping a slight bent at the elbow and with your palm facing the pulley. Your other non-lifting hand should be at your side grabbing your waist or holding onto the pulley machine to give you some balance. Place your feet at about hips width apart. This will be your starting position.
3. While maintaining a straight & upright posture, use your side & rear shoulder muscles of your right arm to pull the arm grip all the way up to your side while keeping a slight bent at the elbow, and with the palm of your hand still facing inwards. Continue to go up until your hand is on the same level as your head. **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 down to it's starting position, while keeping the side & rear regions of your shoulder muscles fully engaged and under constant tension. Only your arm should be moving up and down 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 the side & rear regions 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 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 a slight burn in your forearms due to the effort being done to keep holding onto the arm grip the entire time while performing this exercise.

ALTERNATIVE EXERCISES: [Bent Over Cable Extensions](#) / [Standing Rear Delts Cable Extensions](#)

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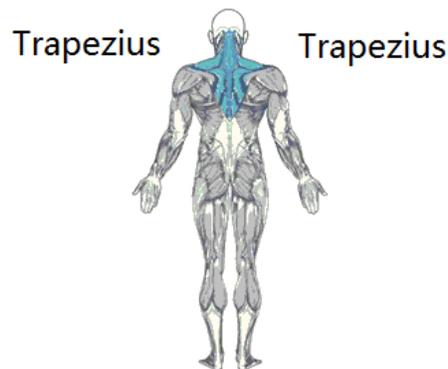
PRIMARY MUSCLES



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 **%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.

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