

# Herculean Cable Curl

*Equipment Needed: Cable Crossover, 2 High-Pulleys, 2 Single Grips*

## Start at this Position:

- Attach the single grips to the high pulleys.
- Hold one grip and pull it as you walk over to grab hold of the other grip.
- Holding both grips, center your body between the two pulleys. Step approximately 8 inches forward.
- Extend your arms, positioning your upper arms parallel to the floor. Palms face up. Do not bend your wrists. Keep a slight bend in your elbows.
- Stabilize your body, placing one leg in front of the other.
- Stand with your back straight, head aligned with spine, and knees slightly bent.

## Steps to Performing the Exercise:

### 1. Start Position



Exhale as you slowly curl the single grips in.

### 2. Middle Position

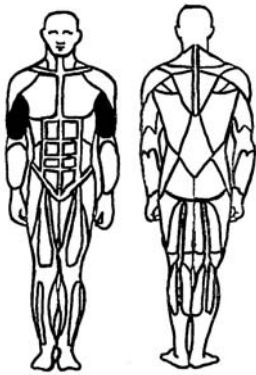


As you curl, concentrate on keeping your upper arms parallel to the floor. Move only your lower arms, by bending from your elbows. Keep your upper arms stationary.

### 3. End Position



Curl until your forearms touch your biceps. Do not bend your wrists. Your hands are positioned just behind your ears. Hold for 1/2 a second, squeezing your biceps.



**Region: Arms**

- Primary Muscle Worked: Biceps

**Focus on Your Form:**

- Throughout the entire range of motion:
  - Keep your back straight, head aligned with your spine, and knees slightly bent.
  - Keep your elbows and upper arms stationary.
  - Keep your upper arms parallel to the floor.
  - Do not bend your wrists.
  - Move by bending at your elbows only.
- At start position, do not lock out your elbows.
- At start position, keep your palms and wrists facing the ceiling, aligned with your ears.
- Use your biceps to perform the exercise, not your back.

**4. Return to Middle**



Inhale as you slowly return to starting position.

**5. Return to Start**



Do not lock out your elbows. Hold for 1/2 a second, feeling the stretch in your biceps. Repeat the movement for the recommended number of repetitions.