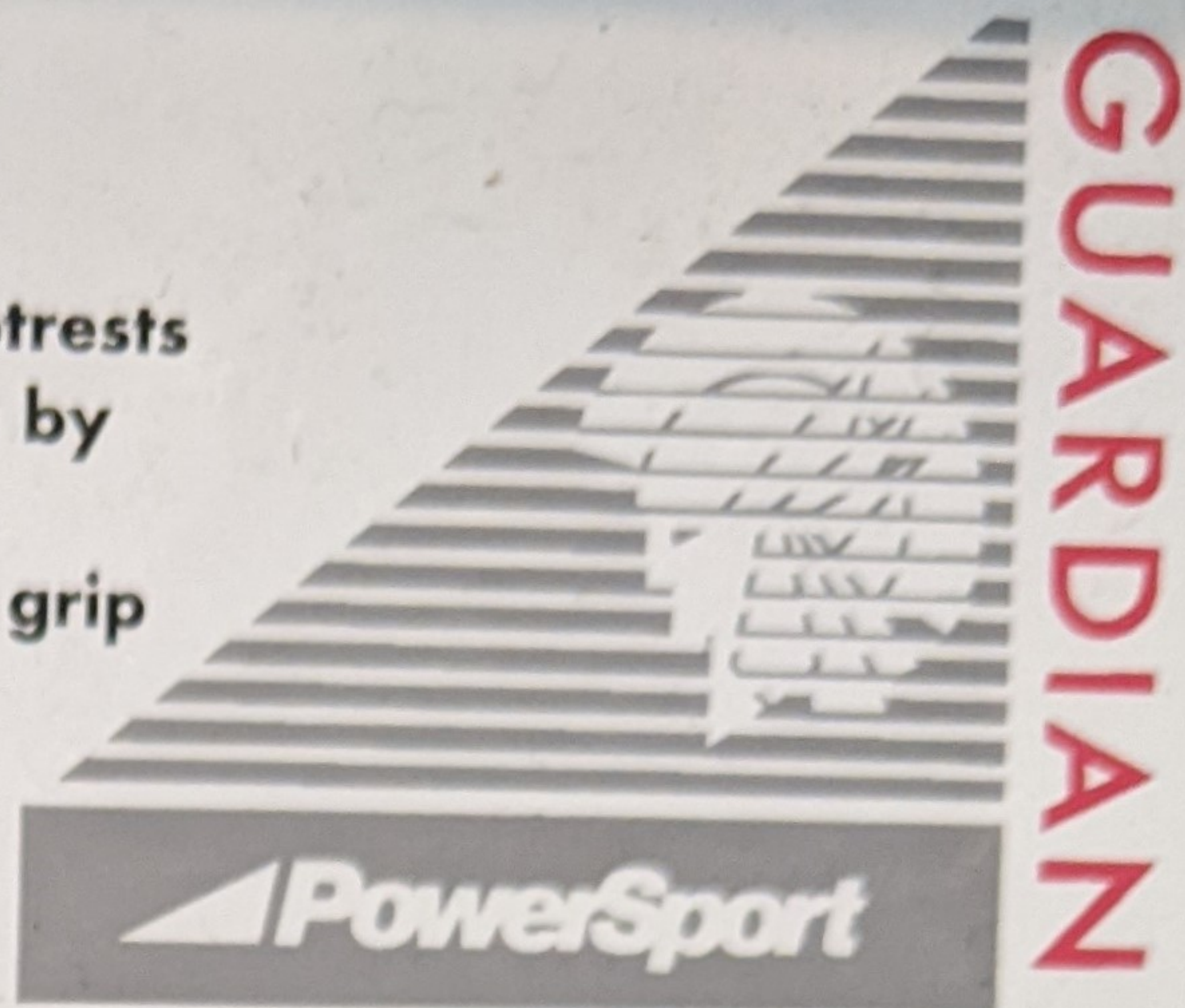


# CABLE ARM CURL

- Select weight
- Stand facing machine - feet astride footrests - feet turned out slightly • Squat down by bending knees - keeping back straight to pick up curling handle - undergrasp grip
- Curl bar up to your chin - keeping your body upright and still throughout the movement - return smoothly



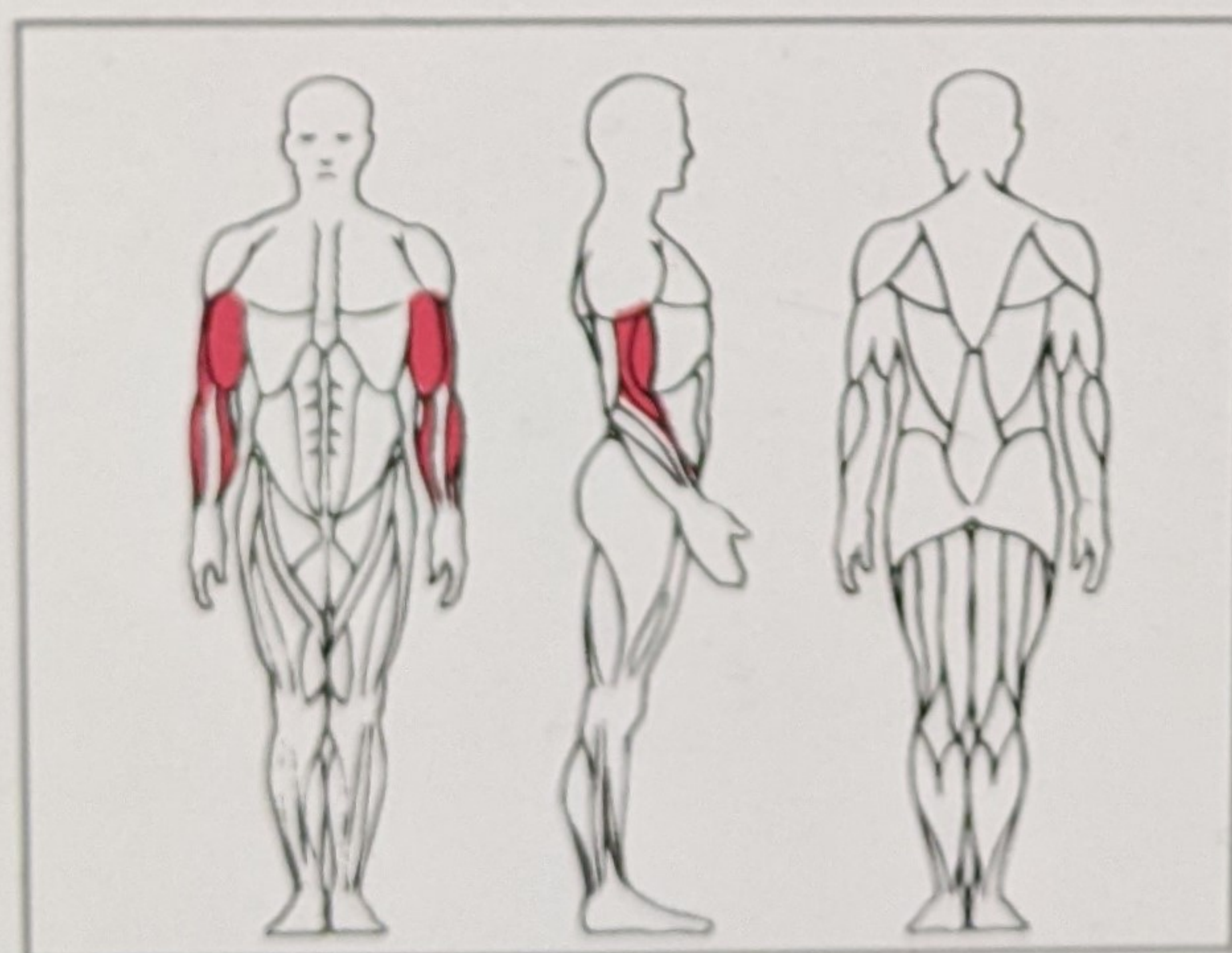
## Setting Up

## Start

## Finish



## Muscles Used



## Training Tips

- To maintain balance during the movement - the handle and cable should be vertically above the base pulley as you lift
- Keep your elbows to your sides during the movement to maintain stress on the biceps

## Muscles Used

Biceps (Elbow Flexors)  
Biceps Brachii - Brachialis -  
Brachioradialis + Forearms

<b>WEIGHT NO.</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<b>KG's</b>	7.5	10	12.5	15	17.5	20	25	30	35	40	45	50	55	60	65

<b>WEIGHT NO.</b>	16	17	18	19
<b>KG's</b>	70	75	80	85