Title: Cable Hammer Bicep Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand at the cable station with your feet shoulder width apart and with a slight bend at the knee. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Grasp the rope with both hands and your palms facing inward.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your core strong and your elbows fixed at your sides pull the rope towards the top of your chest (only the lower portion of your arms should be moving).</span></li>

<li style="font-weight: 400;">Tense your biceps at the peak, and then slowly allow the rope to be pulled back down to the starting position<b>.</b></li>

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