Title: Overhead Cable Curl / Crucifix Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Set up a cable station by adjusting the pulley height on each side to a little higher than shoulder height.</li>

<li>Attach a stirrup type handle to each pulley.</li>

<li>Select aweight that is comfortable, making sure the weight is the same on both sides of the machine.</li>

<li>Stand between the two weight stacks of the machine,with your feet shoulder width apart.</li>

<li>Extend your arms fully to your sides and grip the handles with an underhand grip.</li>

<li>Make sure your arms and shoulders are in a straight line and alligned with the handles. This is the start position</li>

<li>Exhale and contract your biceps to curl your forearms towards your shoulders.</li>

<li>Continue until your forearms and biceps touch. Hold for a count of one while squeezing your biceps.</li>

<li>Return to the star position in a smooth action while inhaling.</li>

<li>Repeat.</li>

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