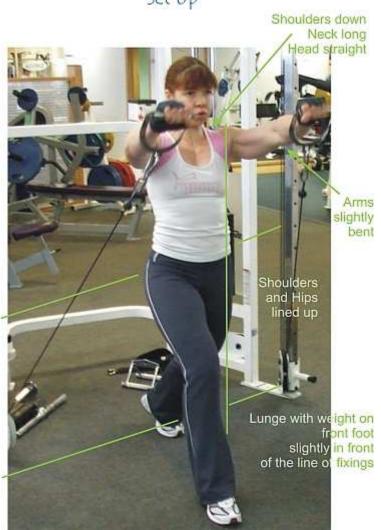
Exercise Guide for a Glorious Look!







Here the movement goes towards the front so a 'lunge' posture gives a lot of stability while the cables support the stability towards the sides.

Although the movement comes from the rolls those are fixed. This is a much more controlled setup compared to the 'Dumbbell Front Raise'.

Because the pull comes from the side/back and the handles are small, the legs don't get into the way. Again: Compared to the 'Dumbbell Front Raise' where the weight has to be kept in front of the legs, a 'lunge' wouldn't be an option (see as well: Handling Weights).

Grab the handles of the cable which is fixed on floor level.

Position yourself in the middle between the fixings of the cable slightly behind. Then with one foot take a step forward and feel your weight on the front foot by shifting the hips forward as well. Don't twist the hips/waist. The whole pelvis is straight and upright as if you would have your feet together and the shoulders are in the same line.

Hold the tension in the neck shoulders and arm by having the arms slightly bent.

Take a deep breath in through the nose, build up the tension in the upper body, clench the buttocks and raise the weight until the arms are parallel to the floor while breathing out through the mouth.

This counts as 1 repetition.

Let the weight down controlled and slowly.