

The Exercise



Reference

Book

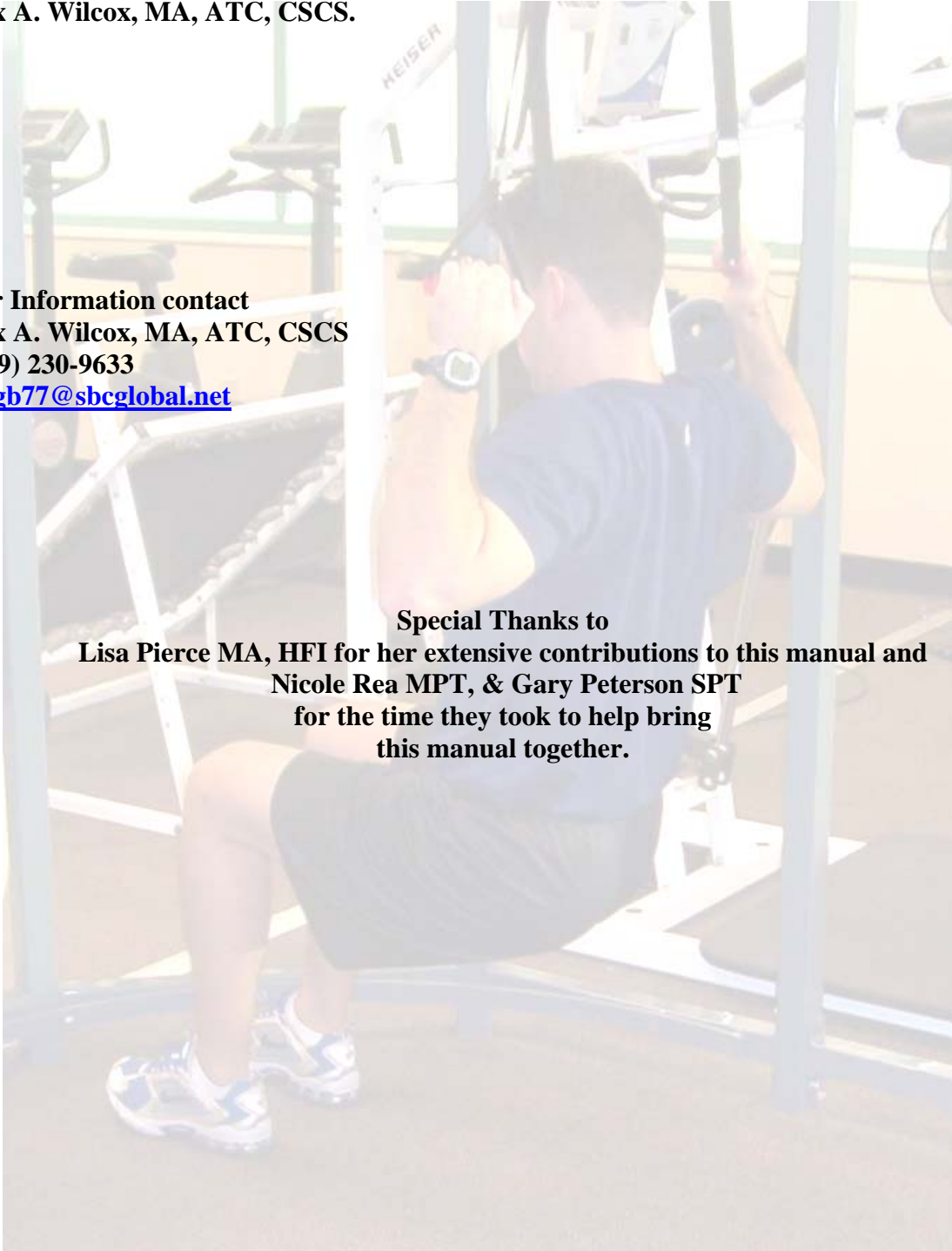
(Exercises in Alphabetical Order)

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(Hips, Thighs, Chest, Shoulders, & Triceps)

Cable Lunge Incline Press

Set the modules in the middle with the pulleys set all the way to the bottom

Stand facing away from the cage with feet together

Hold a handle in each hand at shoulder height (palm facing forward)

Lunge forward with one foot while simultaneously pushing the handles at an angle toward the ceiling.

Return to the starting position to repeat the movement lunging with the opposite leg

Keys:

During the lunge, keep most of your weight on the heel of the front foot

Allow the heel of the back foot to lift off the ground

Push the handles upward and outward from the top of the chest (do NOT push the handles straight up over the head)



(Back, Biceps & Abs)

Cable Pulldown w/ Rot

Set the bench all the way down (horizontal position)

Set the modules to the middle

Set the pulleys all the way to the top

Stand with feet shoulder width apart, knees bent

With hands facing inward, pull one elbow downward to your side bringing the hand to mid/lower-chest height

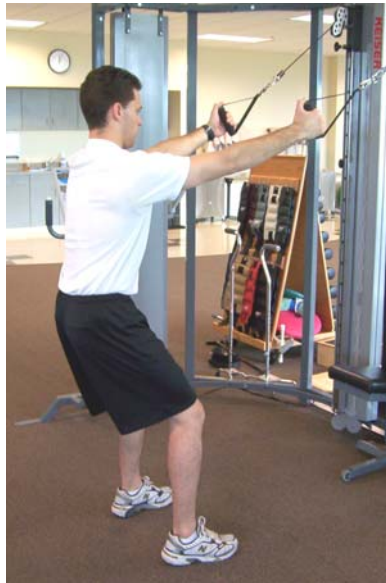
As you pull the elbow back, pivot on the opposite foot, rotating the shoulders to the side of the arm pulling

Keys:

Pinch the shoulder blades down and together at the initiation of movement

Keep the shoulders down and relaxed (upper traps)

Alternate arms



(Hips, Thighs, Back, & Biceps)

Cable SL Squat/Row

Set the bench all the way up (vertical position)

Set the modules to the middle with the pulleys set just above shoulder height

Stand facing the cage on one leg with elbows bent and at your sides

Hands should be facing inward

Squat down on one leg, bending at the hip and knee

Be sure to keep the back straight

As you squat down, simultaneously extend the arms out in front of you at chest height

As you rise out of the squat simultaneously bend the elbows pulling them back to your sides

Keys:

Do **not** bend the back as you squat

Keep the back straight by bending at the hip and knee

Keep your weight on your heel as you squat down (feel as if you are sitting)

