



UPPER BODY

Chest, Shoulders, Back, Arms

RESISTANCE CABLES

Equipment: Resistance Cables

Time: 1set: 12 min, 2sets: 24 min, 3sets: 36

BEGINNER

STRETCH



Cable Chest Press

- Anchor cable to a hook or door knob
- Hold cable ends at shoulder level
- Keep back upright throughout the exercise
- Extend arms then return until elbows are 90°
- Stretch

Sets: 1-3 Rep: 10-15



Cable Fly

- Anchor cable to wall hook or door knob
- Keep arms straight and opened at wide angle
- Keep back upright throughout the exercise
- Bring both arms together while holding cable ends
- Stretch

Sets: 1-3 Rep: 10-15



Front Raise

- Anchor cable under feet
- Keep back and arms straight throughout the exercise
- Keep hands in front of body. Raise arms to shoulder level
- Stretch

Sets: 1-3 Rep: 10-15



Lateral Raise

- Anchor cable under feet
- Keep back and arms straight throughout the exercise
- Keep hands to the side of body. Raise arms to shoulder level
- Stretch

Sets: 1-3 Rep: 10-15



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RESISTANCE CABLES



BEGINNER

UPPERBODY

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STRETCH



Straight Arm Pulldown

- Anchor cable at high point (back of a door, wall hook, etc.)
- Keep back and arms straight throughout the exercise
- Pull down until arms slightly past back
- Stretch

Sets: 1-3 Rep: 10-15



Cable Rows

- Anchor cable at a chest-level point (ex. door knob)
- Keep back straight throughout the exercise
- Pull back as far as you can
- Stretch

Sets: 1-3 Rep: 10-15



Bicep Curls

- Can be done seated or standing
- Lock elbows by your torso
- Curl arms up
- Return to fully-extended arm position
- Stretch

Sets: 1-3 Rep: 10-15



Triceps Pressdown

- Lock elbows by torso throughout the exercise
- Press cable down until arms fully extended
- Bring back to starting position
- Stretch

Sets: 1-3 Rep: 10-15





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