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## Cable Cross Over's

The cable crossover is a standing variation of the above exercise, adding in the kinetic chain and the need for stability within the torso region.

### Target Muscles

**Primary Muscles:** pectoralis major, anterior deltoid, rhomboids, latissimus dorsi, pectoralis minor

**Secondary Muscles:** bicep brachii, brachialis, tricep brachii, rectus abdominus, erector spinae

**Look out for:** losing control of the movement, using momentum to bring the hands together, leaning forwards to assist the lift, arms not going far enough back, movement of the head (lifting up, tucking under).

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### Teaching Points

- Set each pulley up so they are at the highest point and locked in
- Attach the single hand cable attachment
- Have a splits stance, core engaged, spine straight with a slight lean forwards
- Take hold of the handles in slow controlled manner bring the hands together and cross them over in-front of the body
- Maintain spinal alignment and core control
- Under control return to the start
- Avoid rotation at the shoulders, keep shoulders parallel and avoid movement in the thoracic and core area

