
Level Three: Cable Pull Through

The cable pull through is a progression of the hip bridge as the member is now standing, increasing the stability demands on the upper body. The weight being pulled through the legs, helps with stability and balance. There is an increased demand on the glutes (minimus and maximus), hamstrings, core and trunk.



Target Muscles

Primary Muscles: gluteus, hamstrings, erector spinae

Secondary Muscles: rectus abdominus, transverse abdominus, quadriceps, gastrocnemius

Teaching Points

- Using a low pulley rope attachment, facing away from the machine, with the cable between your legs, feet just past your shoulder width
- Keep the core engaged, push the hips back, bending at the knees
- Extend / Push the hips forwards until the body is in an upright position

Look out for: knees coming together / moving apart, not pushing the hips through, keeping the core engaged, hips not aligned, shift of weight to one side, not having a slight bend at the knees

