

Level Three: Half Kneeling Cable Press

The half kneeling cable press is a progression due to the exercise now being user-defined rather than the machine defined i.e. the user defines the movement rather than following a machine defined movement. The user is required to press under control through the glutes and torso area and teaches pressing overhead without using lumbar extension.



Target Muscles

Primary Muscles: anterior deltoid, triceps brachii, trapezius

Secondary Muscles: lateral deltoid, supraspinatus, transverse abdominus, rectus abdominus, erector spinae

Look out for: range of movement at one shoulder different to the other, arching the back, spinal alignment, moving the hips forwards / backwards to help with the lift



Teaching Points

- Start with one leg kneeling (look to alternate the lead leg each set), the other foot flat on the floor, 90 degree angle at the knee
- Stance set up so you are in the middle of the cable column and weights positioned through centre line of the body
- Take hold of the cables, and bring hands to shoulder level
- Keeping the core engaged, spine straight, head facing forwards
- Push the cables up above the head, bringing them together
- Pause and under control bring back down to the start position, leading with the elbows