

CABLE PUSHDOWNS



START POSITION – Stand upright next to a cable machine with core muscles tight and feet shoulder width apart. Grasp a rope attachment with palms facing each other. Position elbows right next to your body.

THE MOVEMENT – Keeping your elbows tight to your body, pull the rope downward toward your feet until your arms are fully extended. Then, under control let the rope rise back to the start position and perform the next repetition. Keep your chest up tall and core muscles tight throughout the movement.