Title: Cross body Cable Rows

Primary Muscle Groups: Lower Back, Middle Back / Lats

Secondary Muscle Groups: Abs, Biceps

Summary: <ul>

<li>Adjust a cable pulley system with handles above shoulder level.</li>

<li>Grab each side of the pulley system with opposite hands. Your arms will form an X shape.</li>

<li>With a tight core, pull each side of pulley system, expanding your chest while tightening your back.</li>

<li>Hold the contraction in your back and slowly bring your arms back to the starting point.</li>

<li>Repeat.</li>

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