Title: Downward Cable Wood Chops

Primary Muscle Groups: Obliques

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Adjust the pulley lever to be above you. Stand next to a pulley machine with your left side. Grab the handle with both hands. Brace your core and separate your feet to outside of shoulder width.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by twisting with your obliques to pull the handle down and across your body.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once the handle is on the right side of your body, pause and slowly return the handle to the starting position.</span></li>

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