Title: Low Upward Cable Pulley Crossover Chest Flyes

Primary Muscle Groups: Chest

Secondary Muscle Groups: Shoulders, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Adjust the pulley lever to be below you. Stand in the center of the pulley machine while holding both handles. Brace your abdominals and take a step forward.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">With your chest up, bring the handles up and to the front of your body. The handles will meet at shoulder height.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause to feel the contraction in your chest then slowly lower the handles to the starting position.</span></li>

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