Title: Reverse Cable Flyes / Crossovers

Primary Muscle Groups: Upper Back &amp; Lower Traps

Secondary Muscle Groups: Middle Back / Lats

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Adjust the cables so that the handles sit at chest height. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Grip the handle, across your body in a neutral grip, with both hands. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping only a slight bend at your elbow, pull the cable back across your body using the muscles in your back. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold the flexed position for a full second before allowing the cable to pull you slowly back to the starting position. </span></li>

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