Title: Standing Cable Chest Press

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Adjust the height of the pulley lever to be at shoulder height. Place yourself in the center of the pulley machine while holding the handle of each side. Brace your abdominals and take a step forward. Bring your arms up to shoulder height.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by pushing the handles forward. Be sure to focus the contraction in your chest muscles.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once fully extended, pause then slowly release to the starting position.</span></li>

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