Title: Standing Cable Crossover Press / Flyes

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Stand between two cable stations with the dumbbell grip handles attached to the high pulleys on each side of you.</li>

<li>Hold the handles with an overhand grip. Your arms should be outstretched.</li>

<li>Bend your knees and hips slightly so that you are leaning forward, but not too far.</li>

<li>Bend your elbows slightly and rotate your shoulders in towards the centre of your chest a little. Your elbows should be slightly behind you.</li>

<li>Use a hugging motion, keeping your elbows in a fixed, bent position to bring the grip attachments together in front of your chest.</li>

<li>Slowly return to the starting position until you feel a slight stretch in your chest muscles.</li>

<li>Repeat.</li>

</ol>