Fitness Floor Basics
The Cable Machines

Did you know you can get a full body workout using Cable machines?

**Benefits:**
- constant tension on the muscle while you lift and lower the weight stack
- huge variety of exercises for each muscle group
- easily adjusted
- highly accessible to all abilities
- interchangeable attachments to provide alternate grip options

**How to:**
- Pick your exercise
- Select the desired attachment (see list below)
- Adjust the pulley position: pull the blue pin and slide the black pulley to the desired height, release blue pin to secure.
- Adjust the weight
- Complete your exercise

A variety of **attachments** are available to connect to the pulley system in order to facilitate multiple different exercises:
- Ropes (single or double)
- Ankle straps
- Ez curl bar
- Straight Bar
- Single and double D-handles
- V-bar
- Lat Bars

**Exercise Examples**
**Upper Body:** Chest Press, Row, Pull down, Tricep, bicep, shoulder raise, high pulls
**Core:** Paloff Press, wood chop, kneeling cable crunch, russian twist
**Lower Body:** Straight Leg Deadlift, Suitcase Squat, Overhead reverse lunge, glute kickback, cable pull through