

# 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



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