



STANDING CABLE ROW
 • Pull the handle towards your chest, keeping your back straight and feet flat on the floor.
 • This exercise targets the latissimus dorsi, trapezius, and biceps.



SEATED CABLE ROW
 • Sit on the machine and pull the handle towards your chest, keeping your back straight.
 • This exercise targets the latissimus dorsi, trapezius, and biceps.



STANDING LAT PULL-DOWN
 • Stand and pull the handle from above your head down towards your chest, keeping your back straight.
 • This exercise targets the latissimus dorsi and trapezius.



SEATED LAT PULL-DOWN
 • Sit on the machine and pull the handle from above your head down towards your chest, keeping your back straight.
 • This exercise targets the latissimus dorsi and trapezius.



SEATED CABLE CROSSOVER
 • Sit on the machine and pull the handle from one side towards the other side of your chest, keeping your back straight.
 • This exercise targets the latissimus dorsi and trapezius.



SEATED CABLE FLY
 • Sit on the machine and pull the handle from one side towards the other side of your chest, with arms extended.
 • This exercise targets the latissimus dorsi and trapezius.



SEATED CABLE CHEST PRESS
 • Sit on the machine and push the handle forward from your chest, keeping your back straight.
 • This exercise targets the pectoralis major and anterior deltoids.



SEATED CABLE SHOULDER PRESS
 • Sit on the machine and push the handle upward from your shoulders, keeping your back straight.
 • This exercise targets the deltoids and trapezius.



SEATED CABLE TRICEPS PRESS
 • Sit on the machine and push the handle upward from your triceps, keeping your back straight.
 • This exercise targets the triceps and latissimus dorsi.



STANDING CABLE CHEST PRESS
 • Stand and push the handle forward from your chest, keeping your back straight.
 • This exercise targets the pectoralis major and anterior deltoids.



SEATED CABLE CHEST PRESS
 • Sit on the machine and push the handle forward from your chest, keeping your back straight.
 • This exercise targets the pectoralis major and anterior deltoids.



SEATED CABLE SHOULDER PRESS
 • Sit on the machine and push the handle upward from your shoulders, keeping your back straight.
 • This exercise targets the deltoids and trapezius.



SEATED CABLE TRICEPS PRESS
 • Sit on the machine and push the handle upward from your triceps, keeping your back straight.
 • This exercise targets the triceps and latissimus dorsi.



SEATED CABLE CHEST PRESS
 • Sit on the machine and push the handle forward from your chest, keeping your back straight.
 • This exercise targets the pectoralis major and anterior deltoids.



SEATED CABLE SHOULDER PRESS
 • Sit on the machine and push the handle upward from your shoulders, keeping your back straight.
 • This exercise targets the deltoids and trapezius.



SEATED CABLE TRICEPS PRESS
 • Sit on the machine and push the handle upward from your triceps, keeping your back straight.
 • This exercise targets the triceps and latissimus dorsi.



SEATED CABLE CHEST PRESS
 • Sit on the machine and push the handle forward from your chest, keeping your back straight.
 • This exercise targets the pectoralis major and anterior deltoids.



SEATED CABLE SHOULDER PRESS
 • Sit on the machine and push the handle upward from your shoulders, keeping your back straight.
 • This exercise targets the deltoids and trapezius.



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Weight Machine Exercise Guide

StoryBuddiesPlay

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the StoryBuddiesPlay text.

Weight Machine Exercise Guide:

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