



STANDING CABLE ROW

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



SEATED CABLE ROW

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STANDING CABLE PULL-OVER

- Pulls the shoulder blades together and down.
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STANDING CABLE CHEST PRESS

- Pushes the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



SEATED CABLE CHEST PRESS

- Pushes the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



STANDING CABLE LAT PULL-DOWN

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



SEATED CABLE LAT PULL-DOWN

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



STANDING CABLE TRICEPS PRESS-DOWN

- Pushes the shoulder blades together and down.
- Works the triceps brachii.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



SEATED CABLE TRICEPS PRESS-DOWN

- Pushes the shoulder blades together and down.
- Works the triceps brachii.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



STANDING CABLE BICEP CURL

- Pulls the shoulder blades together and down.
- Works the biceps brachii.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



SEATED CABLE BICEP CURL

- Pulls the shoulder blades together and down.
- Works the biceps brachii.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



STANDING CABLE SHOULDER PRESS

- Pushes the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



SEATED CABLE SHOULDER PRESS

- Pushes the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



STANDING CABLE FRONT RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



SEATED CABLE FRONT RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



STANDING CABLE REAR RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



SEATED CABLE REAR RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.
- Can be performed with a single or double cable.



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Brendan Burkett

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