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21 Cable Chest Exercises for Upper, Lower, & Mid Pec Workout Share with your community and get the conversation started! Goal-specific nutrition plans tailored to your body, workouts, and schedule. Customize Your Plan Jeremy Fox founded Nutrition plans tailored to your body, workouts, and schedule.
Engineering. He is also a former college athlete, powerlifter, and competitive bodybuilder. When it comes to training the chest, our mind immediately conjures up images of someone lying on a bench, pressing a barbell loaded with plates or a set of enormous dumbbells up above their torso. But what if we told you that there's a highly effective way of
building bigger and stronger pecs that doesn't involve either of these things? Say hello to cable chest exercises, a vastly untapped world of variety and additional benefits to add into your chest training regime. When it comes to training the chest, our mind immediately conjures up images of someone lying on a bench, pressing a barbell loaded with
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Cable Chest Exercises? Cable chest exercises offer a number of considerable benefits over and above the traditional barbell or dumbbell bench press. Here are some of the key ones to look out for: Improved shoulder stability & mobility: Cable exercises are fantastic for targeting many of the smaller stabilizing muscles around the shoulder joint, which
is a key structure in chest-focused pressing movements Safer & less stressful for joints: Cable chest exercises tend to place less load, and therefore less stress, on your joints than bench pressing or chest pressing to rehab before moving back to
their typical weight Improved posture & core strength: Most cable exercises target your back and core because the majority of exercises are performed in a standing position. This will strengthen the muscles that support your spine and your shoulder blades, all of which will have positive carry-over to other full-body exercises and general
improvements in posture (for a killer TRX chest / full body workout, check out this tasty little superset involving the TRX Atomic Push-up and a Kettlebell Swing!) Elicit a better / more targeted pec contraction: You get a more effective pump when you're able to isolate the chest muscles. Cable exercises are an effective way to target the chest
specifically, so they're perfect for refining the shape and structure of the chest exercises are also a great option for 'superset training' when combined with a compound movement such as barbell or dumbbell chest exercises are also a great option for 'superset training' when combined with a compound movement such as barbell or dumbbell chest exercises are also a great option for 'superset training' when combined with a compound movement such as barbell or dumbbell chest exercises are also a great option for 'superset training' when combined with a compound movement such as barbell or dumbbell chest exercises are also a great option for 'superset training' when combined with a compound movement such as barbell or dumbbell chest exercises are also a great option for 'superset training' when combined with a compound movement such as barbell or dumbbell chest exercises are also a great option for 'superset training' when combined with a compound movement such as barbell or dumbbell chest exercises are also a great option for 'superset training' when combined with a compound movement such as barbell or dumbbell chest exercises are also a great option for 'superset training' when combined with a compound movement such as a great option for 'superset training' when combined with a compound movement such as a great option for 'superset training' when combined with a compound movement such as a great option for 'superset training' when combined with a compound movement such as a great option for 'superset training' when combined with a compound movement such as a great option for 'superset training' when combined with a compound movement such as a great option for 'superset training' when combined with a compound movement such as a great option for 'superset training' when combined with a compound movement such as a great option for 'superset training' when combined with a compound movement such as a great option of the chest a
the body at once. Therefore, it's impossible for one arm/side to compensate for any weaknesses in the other. This helps build stability and also keep one side from being stronger than the other. Increased time under tension: The constant resistance from the cables means that it is impossible to rest completely until every set is complete. This creates
far more time under tension in each exercises and, therefore, has a greater hypertrophic (muscle building) effect (Wilk, M., Zajac, A. & Tufano, J.J., 2021) The Best Cable Chest Exercises to Try Today Now that we've covered the benefits of cable chest exercises, let's dive into some of the most effective movements for building chest strength and
definition. (Want to find the perfect cable exercises for your fitness level and goals? Our quick assessment quiz can create a personalized chest training plan just for you!) These versatile exercises have helped countless fitness enthusiasts develop impressive chest development. TAKE OUR TRAINING QUIZ 11. Cable Crossover Cable crossovers are a
staple chest exercise and you've probably seen people doing this exercise at your gym. The benefits of cable crossover are that it tests your shoulder and chest strength at the end range of motion. This causes a deep pec contraction to develop a sharpened chest. How to Do: Stand in the centre of the machine with feet shoulder-width apart, taking
hold of a handle in each hand Bend your torso forwards slightly, keeping your spine neutral and back straight, and bend your core engaged, pull both handles down and across your body to squeeze the pecs together Slowly open the arms and return the cables to the start position
10. Seated Cable Chest Press Because you're sitting down, seated cable chest press offers a stable position from which to safely achieve a good chest workout. Furthermore, this exercise mimics familiar movements such as dumbbell bench press so it's great for beginners. How to Do: Sit with your back firmly supported against a bench Grasp the
cable handles and position your hands level with your mid-chest region, positioning your feet firmly on the floor to stabilize your spine and perform a pressing movement, extending your feet firmly on the floor to stabilize your spine and perform a pressing movement, extending your feet firmly on the floor to stabilize your spine and perform a pressing movement, extending your feet firmly on the floor to stabilize your spine and perform a pressing movement, extending your feet firmly on the floor to stabilize your spine and perform a pressing movement, extending your feet firmly on the floor to stabilize your spine and perform a pressing movement, extending your feet firmly on the floor to stabilize your spine and perform a pressing movement, extending your feet firmly on the floor to stabilize your spine and perform a pressing movement, extending your feet firmly on the floor to stabilize your spine and perform a pressing movement.
against the backrest Pause momentarily, then slowly return to your starting position, allowing your elbows to bend in a slow, controlled manner 9. Standing Cable Chest Press The other variation of the cable chest press is the standing position,
you'll be using your core and focusing on posture more. The exercise also focuses on building your shoulder height, before facing away from the machine and grasping one handle in each hand in an overhand grip (palms facing down) Step forward and plant
your feet in a split stance with one foot forward and one back, ensuring that your feet are slightly further than shoulder-width apart Brace your core to stabilize your spine and perform a pressing movement, extending your arms forward until your elbows are fully extended, but not locked, and your hands come together, ensuring that the cables are
running over your shoulders rather than under Pause momentarily, then slowly return to your starting position, allowing your elbows to bend in a slow, controlled manner to bring the handles back towards your shoulders 8. Flat Cable Flys Flat cable flys stretch the chest muscles under a constant load. Because of the consistent pressure with this
exercise, you can effectively build more chest muscle. Combine this with 'Combo #2' in this TRX Workout for some top notch TRX alternatives to the cable fly How to Do: Position a flat bench between two low pulleys so that when you are laying on it, your chest will be lined up with the handles Grab each handle with a palms up (supinated) grip, lay
flat on the bench and keep your feet on the ground Extend your arms out to your sides with a slight bend in your elbows, so your arms are parallel to the floor. Lift the arms in a semi-circle motion directly in front of you by pulling the cables together until both hands meet at the top of the movement Hold the contraction for a second at the top, with
your arms perpendicular to your torso, before slowly returning to the starting position 7. Cable Incline Press The cable incline press offers an alternative angle for training your pecs. In doing so, you'll be able to target the upper chest and shoulders. Like the seated cable chest press, its stable lying position makes it safe for beginners to use in their
workouts How to Do: Place a bench in the middle of two low pulleys at a 45° angle with the pulleys at the bottom of the cable crossover station (ensure the bench is positioned so that when you grab the handle with a palms up (supinated) grip, lay flat on the bench and keep your feet on the
ground - position the handles at the side of your chest, tucked in a little with a 90° bend in your arms Press out and extend your chest at the top of the movement and then inhale as you slowly release back to the starting position 6. Single Arm Seated Cable Press
Single arm seated cable press addresses any imbalances by working one side at a time. The exercise also helps with motor control and overall coordination of your body. How to Do: Start seated on a bench with the cable head in a low-middle position Grab a cable with one hand and pull in towards your body so it sits at mid-chest height Start by
pressing your arm away from you until your arm is locked out and fist facing away from you Hold the contraction for a second at the top before slowly returning to the starting position 5. Unilateral Cable Press The unilateral cable press's benefits are pretty similar to the single arm seated cable press. This exercise helps with fixing imbalances in the
body by working on one side at a time. However, unilateral cable press's are also great for working the core and can improve posture. How to Do: See '9. Standing Cable Chest Press' for setup and starting position Rather than pressing both arms out at the same time, simply press one out in front of you while holding the other next to the body After
you've performed a rep on one side and returned to the start position, press the other arm, maintaining an engaged core throughout 4. One Arm Cable Crossover One arm cable crossovers are a one-stop shop exercise. The movement requires you to stay balanced and, as a result, your core is engaged and you learn to build petter posture.
Furthermore, the exercise elicits a deep pec contraction to help develop a shapely chest. How to Do: See '11. Cable Crossover' for setup and starting position, just using one side of the cable machine Pull down on the handle until your hand reaches the midline of your body and you feel a squeeze in the pec Pause momentarily at the bottom before
bending the elbow and returning the handle up to chest / shoulder height 3. Cable Bench Press Cable bench press. Its stable lying position also makes it safe, because your range of motion is only limited to a couple movements. How to Do: Position a flat bench
between two low pulleys so that when you are laying on it, your chest will be lined up with the handles Grab each handle with an overhand grip (knuckles up towards the ceiling), lay flat on the bench and keep your feet on the ground, pulling the handles so they rest at the side of your chest. Press both handles up above the torso and bring the hands
together at the top to get a squeeze in the pecs Pause momentarily at the top before bending the elbows and returning the handles to the side of the chest. You can build shape
and definition as well, thanks to the full range of motion incorporated into the exercise. How to Do: Set both pulleys as high as possible, set the desired weight, grasp both handles with a neutral grip and take a step forward into a split stance Pull the handles so there is tension on the cables and the arms are out to the side of the body at around
shoulder height, with a slight bend in the elbows Move entirely at the shoulder joint and slowly bring the arms down in front of you towards waist height 1. Low-to-High Cable Flys Low-to-high cable flys use the reverse
movement of high-to-low cable flys. This exercise also provides the same benefits as the exercise above. How to Do: Set both pulleys as low as possible, set the desired weight, grasp both handles with a slight bend in the elbows and your arms out at a 45° angle
to the body. Moving entirely at the shoulder joint, lift the handles up and out in front of you while maintaining a neutral spine until both handles touch at around chest height Pause for a second at the top of the rep to squeeze the pecs, then slowly allow the arms to open and return to the start position. Try one of our TRX products for your workout
today: TRX® HOME2 SYSTEM TRX® YBELL NEO TRX® BANDIT Try These Cable Chest Workouts Now, using the eleven exercises highlighted above, here are three of the best cable chest workouts you can incorporate into your split. The beginner workout helps you understand the movements required to build strength. The intermediate cable
cable chest exercises is a good starting point before before exploring the wider possibilities: A1 - Cable Bench Press x 8-10 A2 - Flat Cable Flys x 12-15 Perform these two exercises as a superset (one directly after the other) for three sets Aim to have a heavier weight for A1, then a lighter weight for A2 - try to keep these weights consistent for both
exercises across all three sets Take 60-90 secs rest between each set Coaches Tip: Once you're comfortable with these movements, try adding a strict tempo of 3 seconds to the eccentric (lowering) phase of each rep to increase the time under tension (T.U.T.) and thereby increase their hypertrophic (i.e. muscle building) effects Intermediate Cable
Chest Workout This workout is designed to provide an additional stability / core element by removing the support of a bench. It also begins to introduce the variety of angles through which you can train on the cable pulley machine to target specific parts of the chest: A1 - Standing Cable Chest Press x 12-10-8-6 Perform this as a standalone exercise to introduce the variety of angles through which you can train on the cable pulley machine to target specific parts of the chest: A1 - Standing Cable Chest Press x 12-10-8-6 Perform this as a standalone exercise to target specific parts of the chest: A1 - Standing Cable Chest Press x 12-10-8-6 Perform this as a standalone exercise to target specific parts of the chest: A1 - Standing Cable Chest Press x 12-10-8-6 Perform this as a standalone exercise to target specific parts of the chest: A1 - Standing Cable Chest Press x 12-10-8-6 Perform this as a standalone exercise to target specific parts of the chest: A1 - Standing Cable Chest Press x 12-10-8-6 Perform this as a standalone exercise to target specific parts of the chest: A1 - Standing Cable Chest Press x 12-10-8-6 Perform this as a standalone exercise to target specific parts of the chest: A1 - Standing Cable Chest Press x 12-10-8-6 Perform this as a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise to target specific parts of the chest is a standalone exercise 
for four sets in the descending rep pattern shown above, aiming to increase the weight with each set B1 - High-to-Low Cable Flys x 10 Perform these two exercises as a superset (one directly after the other) for three sets x 10 reps on each Take 60 secs rest between each set
Coaches Tip: Aim to establish whether your high-to-low or your low-to-high cable fly is stronger to identify any imbalances or weakness in a particular range of motion. Then you can work on rectifying this as you train with the cables more Advanced Cable Chest Workout Once you've progressed through Beginner and Intermediate stages, you're ready
three exercises as a 'tri-set', i.e. all three exercises back to back Beginning with the bilateral (two limbs) Cable Crossover in A1, you then move to the unilateral (single limb) exercises in A2 and A3 Coaches Tip: Aim to work to failure on A2 and A3 to truly exhaust the muscle group and achieve that level of intensity you're after How to Progress You
Cable Chest Workouts Once you've mastered the basics of the cable chest exercises, you can start to play around with weights for hypertrophy, and vice versa for strength-focused sessions. In summary, if you're looking for a way to
'bulletproof' your shoulder joints, improve your posture, eliminate imbalances and achieve a truly beautiful and functional chest, be sure to visit the cable machine next time you're in the gym and reap the rewards that follow! Tom Cuff-Burnett IG: @tomcuffb_fitness References: PCITATION: Wilk, M., Zajac, A. & Tufano, J.J. The Influence of
Movement Tempo During Resistance Training on Muscular Strength and Hypertrophy Responses: A Review. Sports Med 51, 1629-1650 (2021) Are you searching for a way to build bulk and power in your chest? Then you might consider adding cable exercises to your routine. Cable machines offer a highly versatile option (in terms of exercise
variations and body areas). Cable chest exercises target different parts of the pecs than standard weightlifting techniques, so they can help you build your chest exercises target different parts of the pecs than standard weightlifting techniques, so they can help you build your chest exercises target different parts of the pecs than standard weightlifting techniques, so they can help you build your chest exercises are quite adjustable, allowing you to change the intensity by simply adjusting the cable tension. In this article, we'll explain why you should be doing
cable workouts in your chest training routine, regardless of your level of experience or desire to stimulate new growth. Check out our blog on dumbbell exercises for the chest. BEST CABLE CHEST EXERCISES If you want to build a more muscular chest, you ought to include more cable chest exercises into your training regimen. Performing cable
presses and flies from low, middle, and high angles helps you target all parts of the pectoral muscles while achieving the desired shape and size. 1. CABLE CROSSOVER Top chest cable workouts include cable crossovers, which assist build a larger and more defined chest by targeting the inner and outside regions of the pectoralis major muscle. How
to Do it: Set the pulleys on each side of the cable machine to a high position. Hold the grips that connect to the cables in the center of the machine. Take a stride forward with one foot slightly ahead of the other to maintain stability. Exhale, then draw the handles down and across your body, crossing in front of you while keeping your elbows slightly
bent. Pause slightly at the finish of the exercise to squeeze your chest muscles. Inhale and slowly reverse the action to regain control of the starting posture. Ways to Avoid: Excessive weight should be avoided because it can cause poor form and shoulder discomfort. Also, instead of relying on momentum, move with control and smoothness
throughout. 2. SEATED CABLE CHEST PRESS If you don't have access to a machine or a flat bench press with free weights, the seated cable chest press is a decent substitute. Being sitting and using a bench eliminates the need to stabilize your body, allowing you to press larger weights and challenge your chest muscles. This exercise can also be
used with lifters who find it difficult to maintain a fixed torso during standing cable chest presses without letting go or swaying. How To Do It: An adjustable bench should be positioned 3-4 feet in front of the cable pulley posts at a 90-degree angle. Adjust the pulleys to chest height while seated on the bench with your back to the machine. Seated on
the bench with your back to the machine, grasp both handles out in front of you while keeping your torso erect and the handles out in front of you while keeping your torso erect and the handles at your sides while you complete the chest press. You are pressing your hands down too much if the cables are scraping against your sides while you complete the chest press. You are pressing your hands down too much if the cables are scraping against your sides while you complete the chest press. You are pressing your hands down too much if the cables are scraping against your sides while you complete the chest press. You are pressing your hands down too much if the cables are scraping against your sides while you complete the chest press. You are pressing your hands down too much if the cables are scraping against your sides while you complete the chest press. You are pressing your hands down too much if the cables are scraping against your sides while you complete the chest press. You are pressing your hands down too much if the cables are scraping against your sides while you complete the chest press. You are pressing your hands down too much if the cables are scraping against your sides while you complete the chest press. You are pressing your hands down too much if the cables are scraping against your sides while you complete the chest pressing your sides are scraping against your sides a
handles to the sides of your chest carefully after your elbows have reached their maximum length. Ways to Avoid: Throughout the workout, try not to use too much momentum or to arch your back. Maintain a neutral spine and focus on using your chest muscles, not your triceps or shoulders, to propel the exercise. 3. CABLE CHEST PULLOVER This
cable chest workout targets the muscles in the chest, shoulders, and upper body, can help promote improved posture. How To Do It: Attach a bar, either straight or inclined, to the
cable machine's high pulley. Lay flat on a bench perpendicular to the machine with your feet firmly planted on the ground, your head closest to it. With the arms completely stretched above the chest and the elbows slightly bent, grasp the bar towards
the floor while keeping your core active and your chest muscles taut. Take care not to overstretch your shoulders feel stretched. Pull the bar back up to the starting position by using your chest muscles, moving slowly and deliberately. Focus on 3-4 sets of 10-15 repetitions, modifying the weight
as necessary. Ways to Avoid: Avoid using excessive weight as this may cause pressure on the shoulder joints. Focus on maintaining proper form and feeling the strain in your chest muscles. Steer clear of too-arched backs and allow your lower back to come up off the bench. Maintain a stable posture and engage your core throughout the exercise to
prevent injury. 4. CABLE IRON CROSS The muscles of the chest, especially the inner parts, are worked by cable iron crosses, which promote muscle growth and enhance the development of the chest overall. How To Do It: Adjust the pulleys on either side of the cable machine to a high position. Position your feet shoulder-width apart in the center of
the machine. Extend your arms out to the sides, parallel to the floor, and bend your elbows slightly. Exhale and bring your arms forward to make an "X" shape in front of your torso. At the end of the movement, take a little pause to feel the contraction in your chest muscles. Return to the starting position slowly, opening your arms to the sides. Ways
to Avoid: Throughout the exercise, keep your elbows slightly bent and concentrate on making a purposeful, controlled movement. 5. CABLE BENCH PRESS Bench lifts with cables offer a distinct resistance angle in comparison to those using barbells or dumbbells. They support the development of stronger chest muscles, particularly the pectoralis
major's sternal section. How To Do It: Place the bench away from the cable machine and secure the grips to it. With your arms extended and the handles with an overhand grip, then push them upward until your arms are fully extended. Take the handles back to the beginning and
methodically stretch your chest muscles. Continue until you've completed the required number of repetitions. Ways to Avoid: Maintain a raised chest and retracted shoulder forward. 6. SEATED MIDDLE CABLE CHEST FLY A seated variation of the
standing fly, the seated middle cable chest fly lets you concentrate more on using the chest and less on fighting weak body control as you tire. How To Do It: Place an adjustable bench between two pulleys and take a 90-degree erect position. Hold the grips and press your hands in front of you with your palms facing each other in a neutral stance
while the pulley is at chest height. As you perform a reverse bear hug, spread your arms outward with your elbows slightly bent until the handles line up with your torso. Repeat after reversing the motion to its initial position. Ways to Avoid: Throughout the exercise, you should pay attention to the trap. 7. FLAT CABLE CHEST FLY A targeted methods with your elbows slightly bent until the handles line up with your torso.
to improve pectoral muscular development is the flat cable chest. It's a fantastic substitute for the dumbbell fly. Because the force-curve produced by the cable machine's cams and pulleys presents a different kind of strain for the muscles than
free weights, this workout is excellent for causing muscle hypertrophy. This might cause more muscular hypertrophy since it requires a full
range of motion that should be performed with control and precision. How to Do It: Place a level seat in the space between a cable machine's two pulleys. As you lie down on the bench, lower the pulleys until the handles are in line with your feet flat on the ground, grasp the handles with a supinated grip while you're in a lying
position. With your elbows slightly bent, extend your arms out to the sides. The ground should be parallel to your forearms. This is where you are supposed to start. Breathe in, and as you release it, slowly raise the cables in a semicircle until your thumbs meet at the top. Breathe deeply as you return your arms to the beginning position gradually. Use
as much control as you can over every movement. Ways to Avoid: Throughout the workout, try not to rotate or twist your torso too much. You should keep your chest fit, you should do all cable chest exercises. These exercises are a
fantastic method to maintain your body. Multiple options are available for cable chest workouts, so there's sure to be something for everyone. A great piece of equipment that may greatly vary your workout is the cable machine. It's ideal for those who want to increase their chest strength and muscular growth because it can be utilized for a variety of
compound and isolated exercises. With a little care to detail and control, the cable machine might become one of the most useful pieces of equipment for performing great chest? Work hard on your upper chest muscles. This
area adds depth, shape, and real strength to your upper body, but it's often neglected. That's where smart cable training comes in. Unlike fixed-path machines allow for constant tension, precise angles, and versatile motion that fires up the upper chest from start to finish. We're breaking down the most effective cable training comes in.
exercises designed to target your upper chest so you can level up your performance and results. Anatomy of the Chest Muscles Explained To train your chest effectively, you need to understand how it's built. The chest isn't one muscle; it's a group of muscle fibers with distinct heads that respond differently depending on angle, resistance, and
movement pattern. Each section plays a unique role in how you push, lift, and stabilize during compound and isolation movements, so smart targeting is key to balanced, complete muscle development. Here's how it breaks down: Upper Chest (Clavicular Head) The upper chest (Clavicular Head) enables shoulder flexion, horizontal adduction, and
internal rotation. Exercises that involve incline pressing, like push-ups and low-to-high fly movements, follow the natural arc of the muscle fibers and effectively target this area. Building the clavicular head adds size and shape to the top of the muscle fibers and effectively target this area. Building the clavicular head adds size and shape to the top of the muscle fibers and effectively target this area.
Head) The mid chest (sternal head) drives most horizontal pressing movements and contributes to external arm rotation and humeral extension. Horizontal head creates the visual thickness across the chest and reinforces the
primary pushing strength needed for heavy compound lifts. Lower Chest (Abdominal Head) Finally, the lower chest (abdominal head) supports downward arm movement (humeral depression) and horizontal adduction from a decline angle. Movements like high-to-low cable crossovers, dips, and decline presses directly target this portion
Strengthening the abdominal head enhances chest-to-core separation and gives the lower pectorals a more complete, defined look. Bonus: Anterior Delts While not technically part of the chest muscles, the anterior deltoids play a supporting role in nearly all chest exercises, especially those involving shoulder flexion like incline presses and cross-body
flyes. Front delts stabilize the shoulder joint and help initiate movement during upper chest Upper Ch
emphasize upper chest activation by challenging the muscle throughout a long, downward range of motion. Go slow, and breathe through the resistance for the best chest workout. Anchor the cables at the highest setting. Stand between the pulleys, facing away from the cables, and grab the handles with palms facing down. Take a slight forward lean
and place one foot in front of the other for balance. With a soft bend in your elbows, bring the cables down and across your body, aiming for your lower chest or upper abs. Squeeze your chest together at the bottom of the crossover, then control the return to maximize tension through the full range. Moving slowly keeps the resistance constant and
intensifies the workload on your upper and lower fibers with every rep. 2. Incline Cable Chest Press Add a bench to your cable machine to directly target the upper chest while keeping the load controlled and constant. Set the cables slightly below shoulder height and position your bench facing away from the machine at an incline, around 30 to 45
degrees. Sit with your back flat and handles in hand, elbows just below shoulder level. Press the cables forward and slightly upward, extending your arms without locking out. Control the movement on the way back to maintain tension. You'll isolate the clavicular fibers better with the incline than with flat presses, and the cables give you more
consistent resistance than free weights. 3. Low-to-High Cable Fly Essentially reversing the first move, this movement mirrors the natural line of upper chest fibers and is perfect for shaping and definition. Set the cables to the lowest height. Stand upright between the pulleys, facing outward, with a handle in each hand. Step forward slightly, palmstance than free weights. 3. Low-to-High Cable Fly Essentially reversing the first move, this movement mirrors the natural line of upper chest fibers and is perfect for shaping and definition. Set the cables to the lowest height.
facing up. With elbows gently bent, raise your arms upward and inward in a wide arc until your hands meet in front of your chest, just below your chin. Pause and hold, squeeze your upper muscles, then return slowly. Taking a low-to-High
Single-Arm Cable Press Take a break from both arms and use a unilateral approach to correct imbalances and strengthen your upper chest one side at a time. Anchor the cable at the lowest setting (or just above it, if you're tall) and stand staggered, holding the handle with your inside hand. Begin with your elbow bent at your side and your palm
facing slightly downward. Press upward and slightly inward across your body, finishing just above shoulder height. With each rep, focus on contracting the upper chest at the top, then return to the starting condition with slow control. Using a single-arm cable press at a low-to-high angle mimics the incline press while adding a balance-building
component. Training unilaterally strengthens your upper chest and corrects muscular imbalances between sides, an essential step for long-term symmetry and injury prevention. 5. Incline Cable Chest Fly Another cable chest fly variation, this isolation movement deeply engages the upper chest without relying on heavy pressing. Set both pulleys just
below shoulder level and lie back on an incline bench. Hold the handles with palms facing in, arms extended wide with a slight bend in your elbows. Bring the handles together in a rainbow fashion, making a wide arc, and keeping your arms in the same position throughout. Stop when your hands meet above your upper chest. Slowly return to the
starting position. If you want precise, upper chest isolation with maximum control, incline cable Press Now we can go back to that standing cable press and
incorporate both arms for a final burner that also engages your core. Anchor the cables low and step between them, holding each handle in front-rack position. Lean slightly forward and press but with more freedom of movement and core
engagement. Pro Tip: This exercise is perfect for those with limited space who want to build functional strength in the upper chest With Cables? Why should you trade free weights for cables to train your upper chest without a bench. What Are the Benefits of Training Your Upper Chest With Cables? Why should you trade free weights for cables to train your upper chest without a bench.
each repetition's concentric and eccentric phases. Unlike free weights, which rely on gravity, cables allow more precise control and sustained tension. That combination increases muscle fiber recruitment, improves isolation at different joint angles, and reduces strain on vulnerable areas like the shoulders and elbows. Constant Tension Unlike free
weights, which rely on gravity and lose resistance at specific points in a lift, cable machines provide consistent tension throughout the entire range of motion. Keeping your upper chest under uninterrupted tension increases muscle fiber recruitment and enhances time under tension; two factors known to accelerate hypertrophy and develop strength
in hard-to-target areas like the clavicular head. Better Mind-Muscle Connection Cable exercises give you more control over the speed, direction of resistance, and movement path. That control allows for more intentional engagement of the target muscles, especially the often-neglected clavicular fibers. Developing a strong mind-muscle connection
makes it easier to isolate the upper chest and improve contraction quality over time. Movement Angle Versatility Cables allow you to easily adjust pulley height and body position to hit the upper pectorals from multiple angles. With this kind of flexibility, you can fine-tune your workout to target stubborn areas and add challenge to prevent plateaus.
Reduced Joint Stress The smoother, more linear resistance curve of cables minimizes stress on the elbows and shoulders compared to heavy barbells or dumbbells. Joints stay more stable, allowing for more volume and frequency in workouts without compromising long-term joint health. Cables let you train harder and longer while minimizing your
risk of injury. Frequently Asked Questions How Do You Work Your Upper Chest With Cables? Using cable presses or low-to-high cable flyes. Follow the natural line of the chest muscle fibers for a more effective workout than flat
or decline motions. Which Cable Fly Targets the Upper Chest? Use a low-to-high cable fly to target upper chest development. Set the pulleys low, near the bottom of the machine, and raise your arms upward in an arc, maintaining arm position, until they're just above shoulder height. Can You Build a Big Chest With Just Cables? Yes, you can build
large chest muscles using cables because they provide angle adjustments, constant tension, and smooth resistance through every lift phase. Pair your cable moves with progressive overload and intentional programming to build size and definition. Targeted Cable Exercises Improve Upper Chest Development Building your upper chest requires effort
and intention. Learn how your chest muscles work and choose exercises that align with the natural movement of your upper pecs. Before you know it, you'll unlock new strength, improve balance, and reach your aesthetic goals. Cable training is the edge you need, providing constant tension, total angle control, and joint protection while maximizing
growth. Whether you work out at home or the gym, your equipment matters. The Speediance Gym Monster 2 combines intelligent resistance with a space-saving design, making upper chest training more effective and accessible than ever. It goes without saying that the cable crossover machine is a go-to for chest exercises, but many people don't
realize just how many great cable chest exercises there are. In this post, we'll show you 15 of the best cable Exercises Good For
Strengthening The Chest? Sample Workout Chest Anatomy Benefits Of Cable Chest Exercises How To Workout Your Chest With A Cable Machine FAQs 15 BEST CABLE CHEST EXERCISES We are going to kick this off with the cable presses. After we run through all the cable presses, we will get into the flys and pullovers. 1. Cable Standing Chest
Press While horizontal presses from a lying position (supine or pushup) are great for strength, when you think about it, the standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do.
bench or a rigid structure to lock them into position. Moreover, since your shoulder blades are free, more protraction can occur, allowing you to get a greater contraction of your pecs and more activation in your serratus anterior. Muscle Emphasized: Pec Major, Front Delt, Triceps, Serratus Anterior, Core Set Up: Set the pulleys up so that the
handles are chest to shoulder height. How to: Stand in the middle of the two pulleys and hold one handle in each hand. Step forward a few feet in front of the cable machine, one leg in front of the other, to create a staggered stance. Your back foot should be on tiptoes, but your front foot should be planted firmly on the floor. On the next set of the
standing cable chest press, it is best to switch which leg is leading. Retract your shoulder blades and bring your arms to a 90-degree angle. Your entire body should be stationary except your arms. Press forward through elbow extension until your
hands meet at the center. Squeeze, then slowly come back to the starting position. The slower, the better. Really feel the stretch in your chest at the bottom range, then repeat. Note: Altering the angle of the pulley height will change the emphasis on the muscles targeted. When pressing through the middle, it will provide you more even engagemen
of your pec major. If pressing up at an angle, you will get more upper chest engagement, and if pressing down at an angle, you with more stability. However, it
will also slightly limit range of motion, albeit you'll still have good enough range of motion specifically for your pec major. All in all, it is a good pec isolation exercise. Muscles Emphasized: Pec Major, Front Delt, Triceps Set Up: This exercise is performed from a seated position, so you will need a bench with back rest at 90°. Place the bench in the
middle of the two pulleys with the height of the handles set to about chest level when seated. How to: Hold each handle with a pronated grip (knuckles facing the direction you're pushing). Keep your back tight against the bench with your shoulder blades retracted, and then position your arms so that they are in line with your wrists to keep the
movement flowing from your elbows. This is your starting position. Before pressing, make sure your head is up and your core is engaged. Your entire body should be stationary except your arms. Extend at your elbows, pressing from mid-chest area. Stop when your hands meet or just cross at the end of the movement and squeeze. You don't need to
lock your elbows at the end of the movement to get a full contraction. Slowly come back to the starting position. The slower, the better. Really feel the stretch in your chest at the bottom range, then repeat. 3. Cable Single Arm Rotational Chest Press The one arm rotational press provides a few unique benefits. It allows for full protraction of the
shoulder, which allows you to fully activate your serratus anterior and maximize contraction of your pec major. Furthermore, it brings your core into play to a higher degree as it moves you through the transverse plane, challenging you for both rotational stabilization and strength and giving your obliques and transversus abdominis some special spe
 attention. Overall, it's a multiplanar exercise that turns the cable chest press into a bigger compound movement. Muscles Emphasized: Pec Major, Front delt, Serratus Anterior, Obliques, Triceps. Set Up: You will only be using one pulley and one arm at a time. Set the handle height to a little lower than shoulder height and stand in the center of the
cable crossover machine. How to: Grip the handle palm down with your right foot forward to get into a staggered stance. Your back foot should be planted firmly on the floor. With your elbow out at 45° from from your side, extend through your elbow pressing all the way forward. As you
reach full extension, protract your shoulder forward while rotating your shoulder forward while rotating your shoulder forward and your shoulder forward and your shoulder forward while rotating your shoulder forward while rotating your shoulder forward and your shoulder forward while rotating your shoulder forward and your shoulder forward and your shoulder forward while rotating your shoulder forward and your shoulder forward while rotating your shoulder forward and your shoulder forward while rotating your shoulder forward and your shoulder forward while rotating your shoulder forward and your shoulder forward while rotating your shoulders even and squared forward and your shoulders even further by bringing your shoulders even further by bringing your shoulders even and squared forward and your shoulders even further by bringing your shoulders 
elbow back at full flexion, then repeat. After you do a set number of reps, perform the same movement on the opposite side. 4. Cable Flat Bench Press The bench press using cables is a good way to target your chest with constant tension throughout the entire range of motion. It will definitely penetrate your pec major in a unique way, which can be a
nice change if you always use barbell or dumbbells. Muscles Emphasized: Pec Major, Triceps, Front Delts Set Up: Place a flat bench right at the center of the cable machine and lower the handles all the way to the bottom. How to: Grab the handles using a neutral grip (your palms facing in towards your body). Note: If you bring the bench forward in
front of the cable pulley machine, your grip will change to a standard overhand grip. With your arms at 90°, brace your core, retract your shoulder blades, and press up till your arms of pec activation. At the top, squeeze your pecs,
then slowly lower your arms back down through elbow flexion. Note: If you bring the bench forward or backward, you can change the angle of the load and your grip, which can allow your pecs are being stressed. Depending on the cable pulley machine, grip will vary as well, as some cable crossover machines have towers that are
closer together and you can't place the bench directly under at the center, so you will naturally be out forward with your hands in the standard overhand grip, as you will see with some other exercises to come. Cable Stability Ball Chest Press If you don't have a bench, you can use a stability ball to a similar effect. The main difference with a stability
ball is you will need more core stabilization and your shoulder blades will be free as the support is soft, which allows for a greater range of motion. 5. Cable Incline Bench Press The incline cable bench press is the same concept as the flat bench press. You are just changing your body position, which alters the path of motion of your press. With the
incline press, you are pressing up at an angle, so you get more shoulder flexion, and thus more upper chest and front delt emphasis. Muscles Emphasized: Pec Major (Upper Head), Front Delt, Triceps, Serratus Anterior Set Up: Place a bench with the back rest at 30-45° at the center of the cable machine. You'll want the bench to be in front of the
pulleys, so the cables are angled behind you. Lower the handles with your arms at 90°, brace your core, keep your back firmly against the bench and feet planted into the floor. Position the handles at the sides of your chest, then exhale and move your arms up and inwards until
your hands meet. Squeeze your chest at the top of the movement, then inhale as you slowly bring your arms back down. Really feel the stretch at the bottom, then repeat. Cable One Arm Incline Press You can also do cable bench press exercises with one arm at a time, so that you can iron out muscle imbalances by placing focus on just one side at a
time. Moreover, it is good for activating your core to a higher degree to resist rotation. 6. Cable Decline Bench Press The cable decline press can be done standing/kneeling by simply setting the handles at the top (or near the top) of the towers and then pressing down and inward at an angle. OR, you can set up a bench in a decline position to mimic
that of a decline dumbbell or barbell press. With the bench, you can really hone in on your pec major, and more specifically, the lower head, as decline at the center of the cable machine. You'll want the bench to be in front of
the pulleys, so the cables are angled behind you. Lower the handles with your arms at 90°, brace your core, keep your back firmly against the bench. Exhale and move your arms up and in at an angle that brings your hands to a little below chest level when you reach the top of
the press. Squeeze your chest, then inhale as you slowly bring your arms back down. Really feel the stretch at the bottom, then repeat. Cable Decline One Arm Press 7. Cable Middle Fly This is the standard cable fly variation. The cable fly variation exercise for the pecs and front deltoids, which are the same muscles activated with a flat bench
dumbbell fly. The difference with cables is the resistance curve is flat with cables, so you get a constant load on your pecs throughout the whole range. Muscles Emphasized: Pec Major, Front Delt Set Up: Position the handles a little lower than shoulder height. You will need to stand directly in the middle of the crossover machine and step forward so
that you can start from a position that is stretching your pecs and front delts. How to: With your hands at about shoulder level, put a slight bend in your pecs and retract your shoulder blades. This is the starting position. Exhale as your
bring your arms to your center. Your elbow should remain in a fixed position and your shoulders pinned back. Use your pecs to power the movement by contracting them. Squeeze your pecs hard when your arms at your center, then slowly return your arms to your center. Your elbow should remain in a fixed position and your shoulders pinned back. Use your pecs to power the movement by contracting them. Squeeze your pecs hard when your arms at your center, then slowly return your arms at your center, then slowly return your arms at your pecs hard when your arms at your center, then slowly return your arms at your pecs hard when your pecs hard when your pecs hard when your pecs hard when your 
Standing Fly (High to Low) With this cable fly variation, you are emphasizing the lower head of your pec major, as well as your inner chest as with all flys. Like any standing cable fly, you can either stand straight up in a bilateral stance or you can get into a staggered stance with your
torso leaned slightly forward. Both are going to work your pecs in a similar manner, but the staggered stance is going to allow you to go heavier than the "T" form. We recommend trying both to see what feels best for you. Muscles Emphasized: Pec Major (Lower Head), Front Delts, Pec Minor Set Up: Position the handles at the top of the cable towers.
Stand directly in the middle and step forward so that you can start from a position that is stretching your pecs and front delts. How to: With your arms up and back, a slight bend in your elbow, and your hands at about shoulder level, brace your core and retract your shoulder level, brace your shoulder level, brace your shoulder level a nice stretch your shoulder level.
pecs. Exhale and bring your arms down and in until they meet at the bottom out in front of your hips. Squeeze your pecs hard, then slowly return your arms down and in until they meet at the bottom out in front of your hips. Squeeze your pecs hard, then slowly return your arms down and in until they meet at the bottom out in front of your hips. Squeeze your pecs hard, then slowly return your arms will be straight rather than a
slight bend in your elbow. 9. Cable Standing Fly (Low to High) This is the same concept as the previous exercise, but you will be moving your arms from low to high. With that, the emphasis is placed on your upper chest and you'll get even more front delt activation due to the movement being based on shoulder flexion (and adduction). Muscles
Emphasized: Front Delts, Pec Major (Upper Head) Set Up: Position the handles at the bottom of the cable towers. Stand directly in the middle and step forward so that you can start from a position that is stretching your pecs and front delts. How to: With your arms down and back, a slight bend in your elbow, and your hands at about hip level, brace
your core and retract your shoulder blades. This is the starting position. You should feel a nice stretch your pecs hard, then slowly return your arms up and in until they meet at about shoulder height. Squeeze your pecs hard, then slowly return your arms up and in until they meet at about shoulder height. Squeeze your pecs hard, then slowly return your arms up and in until they meet at about shoulder height.
chest up and your shoulder blades back throughout. 10. Cable Single Arm Bent Over Pec Fly If you want to change up angles to stress your pec major in a different manner, you can try the single arm bent over fly. It's an interesting exercise as it allows you to really maximize contraction with a fly motion. Also, by honing in on just one side, you can
iron out some asymmetries. Muscles Emphasized: Pec Major, Pec Minor (Inner Chest) Set Up: Position the handles at the top of the cable towers. You will be standing in the middle, but you are using just one arm at a time. How to: With this one, you should be aligned with the pulley, not out in front of it. Step away from the pulled a few feet (to about
the center of the crossover machine. Grip the handle so your palm is facing in. Get into a bent over position by bending at the knees slightly and shooting your arm down and to your centerline. Keep your elbow fixed at all time. Slowly return your arm back and let it
go up as high as you can to feel a good stretch, then repeat. Be sure to power the movement by contracting your pecs. 11. Cable High Fly The high fly is a cable fly variations that targets your upper chest. You will be using a slightly higher pulley anchor point than the middle fly and you will be keeping your arms up and raising them up similar to an
incline bench. Muscles Emphasized: Upper Chest, Front Delt Set Up: Position the handles at about shoulder height. You will need to stand directly in the middle of the crossover machine and step forward so that you can start from a stretched position. How to: With your hands and arms at shoulder level, put a slight bend in your elbow, and bring your
arms back as far as you comfortably can. Feel the stretch. Exhale as your bring your arms through an upward fly motion. When your hands meet, they will be well above your head. Slowly return your arms back through the same path of motion, back into the stretched position, then repeat. 12. Cable Bench Fly This exercise mimics the flat bench
dumbbell fly, but again, it provides constant tension throughout. In regards to standing or kneeling cable flys, using a bench will allow you to pin your shoulders back, which can help take your front delts out of the equation so you can really focus on using your chest to power the movement. Muscles Emphasized: Pec Major Set Up: Place a flat bench
right at the center of the cable machine and lower the handles all the way to the bottom. Your chest will be lined up with the cable pulleys when lying down. How to: Grab a handle in each hand with your palms facing up, then lay flat on the bench and keep your feet on the ground. Extend your arms to your side with a slight bend in your elbows. You
will keep your elbow fixed in this position for the entire movement. Your arms should be just about parallel to the floor so you have a nice stretch in your pec. This is your starting position. While keeping your shoulders pinned to the bench and your pec. This is your arms in a semi-circle motion directly in front of you. Use your pec.
to power the motion. Squeeze the heck out of your chest at the top, then slowly return your arms back down to parallel with the floor. Repeat. 13. Cable Incline Bench Fly With the incline bench due to the shoulder
flexion. Muscles Emphasized: Pec Major (Upper Head), Front Delt Set Up: Place a bench with the cable machine. Your chest will be lined up with the cable machine. Your feet on the ground.
Extend your arms to your side with a slight bend in your elbows. You will keep your elbows. You will keep your shoulders pinned to the bench and your
shoulder blades retracted. Lift your arms in a semi-circle motion directly up in front of you. Use your pec to power the motion. Squeeze the heck out of your chest at the top, then slowly return your arms back down until you feel a good stretch in your pecs, then repeat. Cable Stability Ball Fly You can use a stability ball to do a cable fly as well. If you
want the flat fly, then position yourself up higher on the stability ball so your torso is angled up. 14. Cable Decline Bench Fly The decline bench fly is meant to target the lower head of your pec major. Also, do to this body
positioning, your pec minor will be activated to a higher degree. Muscles Emphasized: Pec Major (Lower Head), Pec Minor, Front Delt Set Up: Place a bench with a 15-30° decline at the center of the cable machine. Your chest will be lined up with the cable pulleys when lying down. How to: Grab a handle in each hand with your palms facing up, then
lay on the bench. Extend your arms to your side with a slight bend in your elbows. You will keep your shoulder and just about parallel to the floor so you have a nice stretch in your pec. This is your starting position. While keeping your shoulders pinned to the
bench and your shoulder blades retracted. Lift your arms in a semi-circle motion up and to your center. Your hands should meet at the center at sternum level. Squeeze the heck out of your chest at the top, then slowly return your arms back down until you feel a good stretch in your pecs. Cable Single Arm Bench Fly With the flat, incline, and decline
fly, you can also try one arm flys. This will allow you to hone in on one side at a time and incorporate your core more. 15. Cable Pullovers You've probably seen this exercise done with dumbbells before. While it's a good chest exercise, it is equally as good for your lats and abs. That said, this exercise is typically done on chest days (or if you do push-
pull superset workouts), as it does a great job of activating the upper chest. Huscles Emphasized: Upper Chest Set Up: Position a flat bench in front of one cable tower. It should be directly in line with it. You can use a rope attachment or a straight bar. The rope will allow for a close grip, which is better for activating your chest, whereas the straight
bar will place slightly more emphasis on your lats. How to: Lie down on your back with your arms are up directly above your chest. Slowly return
your arms back behind you and feel a good stretch in your lats and chest, then repeat. Related: Cable Pullover Variations ARE CABLE EXERCISES GOOD Strengthening THE CHEST? Absolutely! Cable exercises are great for building and strengthening and strengthening THE CHEST? Absolutely! Cable exercises are great for building and strengthening are great for building and strengthening the major, which is the muscle that makes up the majority of your chest, as well as
helping with chest fat loss. The cable crossover machine allows for a wide variety of chest exercises thanks to its ability to manipulate angles and change attachments. You can also easily alter your body position, you can do all of the
variations of free weight chest presses and flys with a cable machine, plus more. And, of course, you can change the weight load in seconds. Not only is changing the weight casy, but the cable machine provides constant tension unlike free weights, which have strength curves due to tension being gravitational. This means when you are performing a
cable chest exercise, your time under tension is maximized, which is fantastic for hypertrophy (muscle building). Want to 2-12 pounds of build muscle in 12 weeks? Check out our SFS Hypertrophy training program.
Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days... Sample CABLE CHEST WORKOUT While not many people are likely to do a cable crossover machine, we promise you can get an exceptional chest workout
in. Here is an example of a kickass chest workout using just a cable Encline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Fly: 3
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just want to incorporate some cable chest exercises into your regular routine, then all you have to do is pick a couple of your favorite ones (maybe one press and two flys and throw them into your regular routine, then all you see fit. Here is an
example of a well-rounded chest workout that incorporates cables: Barbell Flat Bench Press: 3 sets x 10 reps (very slow eccentric) Cable Standing Middle Fly: 3 sets x 10 reps Dips: 3 sets x max reps ANATOMY & FUNCTION OF THE CHEST Your chest is
made up of two muscles, the pectoralis major and pectoralis major, or pec major for short, is a large fan-shaped slab of muscle. It is the larger of the two pectoralis major and pectoralis major for short, is a large fan-shaped slab of muscles, making up the vast majority of your chest. Your pec major, or pec major, or pec major for short, is a large fan-shaped slab of muscles, making up the vast majority of your chest. Your pec major for short, is a large fan-shaped slab of muscles, making up the vast major for short, is a large fan-shaped slab of muscles.
sternum (breastbone) up to your clavicle (collarbone), and to the side to your humerus (upper arm bone). While the pec major is one muscle, anatomically speaking it has two distinct sets of muscle fibers. You have the upper head and lower head of the pec major. This is why you will often hear people saying "this exercise is good for the upper
chest". Let us explain the function of each head, as this will help you understand how it is emphasized during workouts. Sternocostal head, which is commonly called the lower head, arises from the sternum and inserts into the humerus. It accounts for 80% of the total size of your pec major, so it really makes up the lower and
middle portion of your chest. Its main responsibility is bringing your arms closer to your body's midline (shoulder adduction) and internal rotation of your humerus. Exercises that emphasize the sternocostal head - flat presses & flys and decline presses & flys and decline presses & flys and the upper head, arrises from the sternocostal head - flat presses & flys and decline presses & flys and the upper head, arrises from the upper head, arrises from the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & flys and the upper head - flat presses & f
the clavicle (collar bone) and inserts into the humerus. It assists in the same actions as the sternocostal head, but it's main function is shoulder flexion (lifting the arm up). Exercises that emphasize the clavicular head - incline press, low to high cable fly, front raises. PECTORALIS MINOR Your pec minor is a small triangular muscle, of which you
have one on each side, that lies under your pec major. It arrises from your rib cage (3-5th ribs) and inserts into your coracoid (a small hook-like profusion at the top of your scapular). While the pec minor sits on your backside. Specifically, it helps with
stabilization, depression, protraction, internal rotation and downward rotation of the scapula. As your scapular (shoulders when performing chest exercises, your pec minor is working as a stabilizer for any exercise that targets your pec major. It is not a primary mover kind of muscle, it's a
stabilizer muscle. That said, certain exercises bring the pec minor into a more significant role, which can help to further strengthen it. For example, with chest exercise that involve leaning your shoulder blades down, such as split stance cable flys or cable decline presses, your pec minor will become more
activated. We have included a few exercises like this in our best cable chest exercises, as having a strong pectoralis minor means you have greater shoulder and scapular stability, and thus are more injury resilient when performing any pushing exercises. Serratus anterior is not part of your chest, it plays an important role and scapular stability, and thus are more injury resilient when performing any pushing exercises.
in chest exercises, especially cable chest exercises as your shoulder blades will not always be set to a bench, therefore allowing you to have more scapular movement. Your serratus anterior is responsible for
pulling the scapular forward around your thorax, which means it is active anytime you bring your arms forward. It is also activated during overhead movements. If you want to learn more, check out our favorite serratus anterior exercises, but we won't go in-depth here, just note that many cable chest exercises will also target this muscle because
they involve scapula protraction. Front Delt: Your front delt is responsible for shoulder flexion, just like the upper chest. So, anytime your front delt to some degree. The more shoulder flexion, the higher your front delt is too. Essentially, all chest exercises work the front delt to some degree. The more shoulder flexion, the higher your front delt is too.
be. The point is, your front delt will also be working during the upcoming cable chest exercises. Related: 19 Best Front Delt Exercises All in all, this should give you a good idea of how chest exercises work your pecs and the surrounding muscles and why changing angles and body positioning is important for full development and strength of your
chest. BENEFITS OF CABLE CHEST EXERCISES: Although we briefly covered the main benefits of using a cable machine for chest exercises above, let's dig in a little deeper... Here are the main benefits of using cables for chest exercises above, let's dig in a little deeper...
angles (load positioning) and body positioning. This allows you to target each area of your chest effectively (it's a big muscle), stress your muscles differently, and build strength through all planes of motion. Not to mention, you can keep workouts fresh, fun and challenging. Let's go over the two main variables for cable chest exercises so you will see
why we have so many cable exercises for chest... Loading Angle: The cable towers enable you to set the angle at any point from the top to bottom. With that, you are changing the direction of the load and can alter your path of motion. This means you can hit your muscles differently even with the same type of movement. For example, you could do a
cable fly with the cable angled from above (a high to low fly) to hit your lower chest or angled below (a low to high fly) to hit your upper chest. The ability to change the angles alone gives you so much to play with, but you also have other training variables that you can alter and further increase variety. Body Positioning: You can easily alter your
body positioning when using cables as well: Standing (bilateral, staggered stance, split stance) Kneeling (half-kneeling, tall-kneeling) Sitting (bench, stability ball) Lying (bench, stability ball) Lying (bench, stability ball) With standing positions and an adjustable bench, you can also change things up further, such as bent over flys, incline press/fly, decline press/fly. Moreover,
you can change where your body is in relation to the cable machine. Standing directly in the center versus out in front of the machine will also change up the dynamics. Altogether, you can target your chest in so many different ways to ensure each and every muscle fiber of your pec major (upper, lower, middle, inner) is activated adequately. With
the combinations of all these variables, you can see why there are so many different cable chest exercises and how you can get a very well-rounded chest workout and chest development with just cables alone. 2. Weight Load & Tension In regards to the actual load, the cable machine is unique in two ways. First of all, it's super easy to change up the
weight. All you have to do is pull and plug a pin into the appropriate weight stack for the exercise at hand. Secondly, the tension is different from that of a dumbbell, barbell or any other free weight. This is because cable machines provide a flat resistance curve, rather than an ascending or descending strength curve. In other words, with cable
exercises, there is constant tension. So, a cable fly or press will be equally as hard at the top of the range as it is in the bottom of the range, whereas with dumbbells, it is hardest in the stretched position. Overall, this is ideal for hypertrophy goals, as it provides your muscles with more time under tension, which fatigues the muscles faster. This is
why the cable machine is so popular among bodybuilders when doing isolation work. 3. Independent Arm Movement Cable chest exercises will have your arms working independently of each other. This ensures that you are not favoring one side more than the other, which ultimately helps you iron out any muscle imbalances and asymmetries. 4
Controlled Range of motion By changing where your body is positioned and where the cable is angled, you can control the range of motion or if you have some limitations. Another point to controlled range of motion is the way you move with cables. Cables promote
smooth, controlled movements. It's not like a barbell or dumbbell where you can get sloppy with jerky movements. 5. Efficiency Cable machines make workouts more efficient. You can go from one chest exercise to the next, quickly alter training variables, and change the weight load in a matter of seconds. 6. Safe Comparing to barbells, cable
machines are a safer option. Not only are they easier on the joints (shoulders, elbows and wrists), for the most hypertrophy and strength benefits possible. All in all, cable machines are a versatile, effective, and efficient
option for training the chest. We highly recommend that you incorporate some cable chest exercises are also great for beginners as it requires less technique on form than a bench press with a barbell or even dumbbells. This makes cable chest
exercises great for beginners who have trouble with conventional barbell lift form, as well as more advanced athletes who simply want to really hone in on pec isolation. HOW DO YOU WORK OUT YOUR CHEST WITH CABLES? The two main chest exercises you are going to do with cables are presses and flys. However, there are many variations for
both cable presses and cable flys. Cable Press Variations: Standing Chest Press (Low to High) Standing Chest Press (Low to High to Low) Standing Chest Press (High to Low) Standing Chest Press
Low) Kneeling/Half-Kneeling Chest Press (Low to High) Lying Chest Press (bench needed) Incline Chest Press (bench needed) Decline Lying Chest Press (bench needed) Standing Fly (High to Low) Standing Fly (High to Low) Standing Fly (High Anchor, High Fly - Upper Chest)
Standing Front Raise Bent Over Single Arm Fly Kneeling/Half-Kneeling Fly (Low to High) Lying Chest Fly (bench needed) Incline Chest 
upper chest. We will demonstrate most of these exercises below, but first, let's talk about rep ranges and weight load for cable crossover machine is more about hypertrophy than strength, as the best strength building chest exercises will be done with heavy
loads using a barbell or dumbbells, the ideal rep range for cable chest exercises will be 6-15. However, in some cases as many as 20-25. So, actually, 6-25 reps. But let us break it down more clearly. 6-8 reps - Hypertrophy 8-15 reps - Hypertroph
ranges. It should be noted that strength, hypertrophy, and endurance will be gained in each of these rep ranges it's just the emphasis is as listed above. In terms of load, you want to choose a weight stack that challenges you in these rep ranges.
you are working. For example, if you are working 3 sets in the hypertrophy range: Set 1: 14 reps (failure) Set 2: 12 reps (failure) Set 3: 9 reps (fai
increase the weight once you max out in your rep range. So, if you can do 3 sets for 15 reps with 45 seconds rest in-between sets, it's time to move up a weight notch. The best way to progress is to stick to one variable for a given period of time. i.e. you keep your rest time the same, but you increase weight load. Reps will be increased as well, but only
until you reach the max in your rep range, so really the focus is weight load. By doing this, you will ensure your muscles are overloaded each session, and thus they will continue adapting (getting strong and bigger). Beginners can stick to a simple progressive overload plan like this, but more advanced athletes will need to use a more complex plan
Related: How to Progressive Overload What are the best cable exercises for chest? While all of the aforementioned cable chest exercises will hit your pecs with the highest activation and together they will allow you to do presses and flys that target each and every
muscle fiber in your chest (with optimal stretching and contraction tension) so that you can have the best and fullest pectoral development. Get a structured and guided workout plan designed for packing on muscle mass: SFS Hypertrophy Program by Garett Reid (NSCA, CSCS, CISSN, M.S.E.S.S). Prepare to maximize your gains with our exclusive
12-week hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days... Related: FAQ ABOUT CABLE CHEST EXERCISES: ARE CABLE CHEST FLYS BAD? Quite the contrary.
overextend your shoulder joint. In terms of hypertrophy and strength, they are quite effective because they provide constant tension due to the flat resistance curve (dumbbells have a strength curve that makes the top easier than the bottom, whereas cables have even resistance throughout). This is why you see a lot of people use the cable crossover
machine for flys more than dumbbells. That said, both are effective as long as your form is correct. IS USING A BENCH OR STANDING FOR CABLE FLYS AND PRESSES BETTER? Both are good options. They are just different. When standing (or kneeling), you have no back support, so more muscles will be involved for stability and you will have a
greater range of motion. You will also be able to use slightly heavier loads when standing. With a bench, you can stabilize your pecs more. We recommend trying both and implementing both into your routine. TIP FOR INCREASING WEIGHT LOAD FOR PRESSES: When it comes to presses, you may find that you need a heavier
load, in which case you can place a dumbbell of adequate weight over the top of the cable machines weight stack. This will increase the weight over the top of the cable machines weight over the top of the cable machines weight stack. This will increase the weight over the top of the cable machines weight stack. This will increase the weight over the top of the cable machines weight over the top of the cable machines weight stack. This will increase the weight over the top of the cable machines weight over the top of the cable ma
just hold the handles and dumbbells at the same time. This will provide you with more weight AND it gives you the benefits of both free weight and cable Exercises: Prepare to maximize your gains with our exclusive 12-week
hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days... It goes without saying that the cable chest exercises there are. In this post, we'll show you 15 of the best cable chest
exercises to add into your routine. We bet you've never tried some of them! Read on to learn about which exercises Good For Strengthening The Chest Exercises Good For Strengthening The Chest Exercises How To Workout Your Chest
With A Cable Machine FAQs 15 BEST CABLE CHEST EXERCISES We are going to kick this off with the cable presses, we will get into the flys and pullovers. 1. Cable Standing Chest Press While horizontal presses from a lying position (supine or pushup) are great for strength, when you think about it, the
standing chest press is the most functional type of horizontal press you can do. The standing chest press (as well as kneeling chest press) requires more core strength and rotary stability because the trainee can't rely on the bench or a rigid structure to lock them into position. Moreover, since your shoulder blades are free, more protraction can occur,
allowing you to get a greater contraction of your pecs and more activation in your serratus anterior. Muscle Emphasized: Pec Major, Front Delt, Triceps, Serratus Anterior, Core Set Up: Set the pulleys up so that the handles are chest to shoulder height. How to: Stand in the middle of the two pulleys and hold one handle in each hand. Step forward a
few feet in front of the cable machine, one leg in front of the other, to create a staggered stance. Your back foot should be on tiptoes, but your front foot should be planted firmly on the floor. On the next set of the standing cable chest press, it is best to switch which leg is leading. Retract your shoulder blades and bring your arms to a 90-degree angle.
This is your starting position. Before pressing, make sure your head is up and your core is engaged. Your entire body should be stationary except your arms. Press forward through elbow extension until your head is up and your core is engaged. Your entire body should be stationary except your arms. Press forward through elbow extension until your head is up and your core is engaged. Your entire body should be stationary except your arms.
the bottom range, then repeat. Note: Altering the angle of the pulley height will change the emphasis on the muscles targeted. When pressing up at an angle, you will get more upper chest engagement, and if pressing down at an angle, you will get more
lower chest engagement. 2. Cable Seated Chest Press The seated cable press is a good option if you want to really hone in on your pec major. All in all, it is a good enough range of motion, albeit you'll still have good enough range of motion specifically for your pec major. All in all, it is a good enough range of motion specifically for your pec major as the back rest will provide you with more stability.
pec isolation exercise. Muscles Emphasized: Pec Major, Front Delt, Triceps Set Up: This exercise is performed from a seated position, so you will need a bench with back rest at 90°. Place the bench in the middle of the two pulleys with the height of the handles set to about chest level when seated. How to: Hold each handle with a pronated grip
(knuckles facing the direction you're pushing). Keep your back tight against the bench with your shoulder blades retracted, and then position. Before pressing, make sure your head is up and your core is engaged. Your
entire body should be stationary except your arms. Extend at your elbows, pressing from mid-chest area. Stop when your hands meet or just cross at the end of the movement to get a full contraction. Slowly come back to the starting position. The slower, the better. Really
feel the stretch in your chest at the bottom range, then repeat. 3. Cable Single Arm Rotational Chest Press The one arm rotational press provides a few unique benefits. It allows for full protraction of the shoulder, which allows you to fully activate your serratus anterior and maximize contraction of your pec major. Furthermore, it brings your core
into play to a higher degree as it moves you through the transverse plane, challenging you for both rotational stabilization and strength and giving your obliques and transversus abdominis some special attention. Overall, it's a multiplanar exercise that turns the cable chest press into a bigger compound movement. Muscles Emphasized: Pec Major,
Front delt, Serratus Anterior, Obliques, Triceps. Set Up: You will only be using one pulley and one arm at a time. Set the handle height to a little lower than shoulder height hand. Step your right foot forward to get into a staggered stance. Your
back foot should be on tiptoes, but your front foot should be planted firmly on the floor. With your elbow out at 45° from from your shoulder blades and extend even further by bringing your shoulder forward while rotating your torso in the
direction of the press (think about it like you are throwing a punch). Pause at the end for a moment, then slowly return back to the starting position with your shoulders even and squared forward and your elbow back at full flexion, then repeat. After you do a set number of reps, perform the same movement on the opposite side. 4. Cable Flat Bench
Press The bench press using cables is a good way to target your chest with constant tension throughout the entire range of motion. It will definitely penetrate your pec major in a unique way, which can be a nice change if you always use barbell or dumbbells. Muscles Emphasized: Pec Major, Triceps, Front Delts Set Up: Place a flat bench right at
the center of the cable machine and lower the handles all the way to the bottom. How to: Grab the handles using a neutral grip (your palms facing in towards your body). Note: If you bring the bench forward in front of the cable pulley machine, your grip will change to a standard overhand grip. With your arms at 90°, brace your core, retract your
shoulder blades, and press up till your arms are fully extended. You can bring your arms more straight up or toward the center to meet. See how both feel in terms of pec activation. At the top, squeeze your pecs, then slowly lower your arms back down through elbow flexion. Note: If you bring the bench forward or backward, you can change the angle
of the load and your grip, which can allow you to alter how your pecs are being stressed. Depending on the cable pulley machine, grip will vary as well, as some cable crossover machines have towers that are closer together and you can't place the bench directly under at the center, so you will naturally be out forward with your hands in the standard
overhand grip, as you will see with some other exercises to come. Cable Stability Ball Chest Press If you don't have a bench, you can use a stability ball to a similar effect. The main difference with a stability ball is you will need more core stability ball to a similar effect. The main difference with a stability ball to a similar effect.
motion. 5. Cable Incline Bench Press The incline cable bench press. You are just changing your body position, which alters the path of motion of your press. With the incline press, you are pressing up at an angle, so you get more shoulder flexion, and thus more upper chest and front delt emphasis. Muscles
Emphasized: Pec Major (Upper Head), Front Delt, Triceps, Serratus Anterior Set Up: Place a bench with the back rest at 30-45° at the center of the pulleys, so the cables are angled behind you. Lower the handles all the way to the bench to be in front of the pulleys, so the cables are angled behind you.
your arms at 90°, brace your core, keep your back firmly against the bench and feet planted into the floor. Position the handles at the top of the movement, then inhale as you slowly bring your arms back down. Really feel the stretch
at the bottom, then repeat. Cable One Arm Incline Press You can also do cable bench press exercises with one arm at a time, so that you can iron out muscle imbalances by placing focus on just one side at a time. Moreover, it is good for activating your core to a higher degree to resist rotation. 6. Cable Decline Bench Press The cable decline press can
be done standing/kneeling by simply setting the handles at the top (or near the top) of the towers and then pressing down and inward at an angle. OR, you can really hone in on your pec major, and more specifically, the lower head, as
decline presses do. Muscles Emphasized: Pec Major (Lower Head), Pec Minor, Triceps Set Up: Place a bench with a 15-30° decline at the center of the pulleys, so the cables are angled behind you. Lower the handles with a 15-30° decline at the center of the pulleys, so the cables are angled behind you.
your arms at 90°, brace your core, keep your back firmly against the bench. Exhale and move your arms up and in at an angle that brings your hands to a little below chest level when you reach the bottom, then repeat. Cable
Decline One Arm Press 7. Cable Middle Fly This is the standard cable fly variation. The cable fly is an isolation exercise for the pecs and front deltoids, which are the same muscles activated with a flat bench dumbbell fly. The difference with cables is the resistance curve is flat with cables, so you get a constant load on your pecs throughout the
whole range. Muscles Emphasized: Pec Major, Front Delt Set Up: Position the handles a little lower than shoulder height. You will need to stand directly in the middle of the crossover machine and step forward so that you can start from a position that is stretching your pecs and front delts. How to: With your hands at about shoulder level, put a slight
bend in your elbow, and bring your arms back as far as you comfortably can. You should feel a nice stretch your pecs. Brace your center. Your elbow should remain in a fixed position and your shoulders pinned back. Use your pecs to power the
movement by contracting them. Squeeze your pecs hard when your arms at your center, then slowly return your arms back as far as they can comfortably go. Again, really feel that stretching tension. 8. Cable Standing Fly (High to Low) With this cable fly variation, you are performing the fly motion from high to low. With that, you are emphasizing
the lower head of your pec major, as well as your inner chest as with all flys. Like any standing cable fly, you can either stande or you can either stande or you can either stande or you can get into a staggered stance or you can get into a staggered stance with your torso leaned slightly forward. Both are going to work your pecs in a similar manner, but the staggered stance is going to allow you to go heavier
your arms up and back, a slight bend in your elbow, and your hands at about shoulder level, brace your core and retract your should feel a nice stretch your pecs. Exhale and bring your arms down and in until they meet at the bottom out in front of your hips. Squeeze your pecs hard, then slowly return
your arms back as far as they can comfortably go. Again, really feel that stretching tension. Here is how it looks with the T form: The same general form applies, but your arms will be straight rather than a slight bend in your elbow. 9. Cable Standing Fly (Low to High) This is the same concept as the previous exercise, but you will be moving your arms
from low to high. With that, the emphasis is placed on your upper chest and you'll get even more front delt activation due to the movement being based on shoulder flexion (and adduction). Muscles Emphasized: Front Delts, Pec Major (Upper Head) Set Up: Position the handles at the bottom of the cable towers. Stand directly in the middle and step
forward so that you can start from a position. You should feel a nice stretching your pecs and front delts. How to: With your arms up and in
until they meet at about shoulder height. Squeeze your pecs hard, then slowly return your arms back as far as they can comfortably go. Again, really feel that stretching tension. Be sure to keep your chest up and your shoulder blades back throughout. 10. Cable Single Arm Bent Over Pec Fly If you want to change up angles to stress your pec major in
a different manner, you can try the single arm bent over fly. It's an interesting exercise as it allows you to really maximize contraction with a fly motion. Also, by honing in on just one side, you can iron out some asymmetries. Muscles Emphasized: Pec Major, Pec Minor (Inner Chest) Set Up: Position the handles at the top of the cable towers. You will
be standing in the middle, but you are using just one arm at a time. How to: With this one, you should be aligned with the pulley, not out in front of it. Step away from the pulled a few feet (to about the center of the crossover machine. Grip the handle so your palm is facing in. Get into a bent over position by bending at the knees slightly and shooting
your hips back. Your spine should be straight. With a slight bend in your elbow, bring your arm down and to your centerline. Keep your elbow fixed at all time. Slowly return your arm back and let it go up as high as you can to feel a good stretch, then repeat. Be sure to power the movement by contracting your pecs. 11. Cable High Fly The high fly is
a cable fly variations that targets your upper chest. You will be using a slightly higher pulley anchor point than the middle fly and you will be keeping your arms up and raising them up similar to an incline bench. Muscles Emphasized: Upper Chest, Front Delt Set Up: Position the handles at about shoulder height. You will need to stand directly in the
middle of the crossover machine and step forward so that you can start from a stretched position. How to: With your hands and arms at shoulder level, put a slight bend in your elbow, and bring your arms through an upward fly motion. When your hands meet, they
will be well above your head. Slowly return your arms back through the same path of motion, back into the stretched position, then repeat. 12. Cable Bench Fly This exercise mimics the flat bench dumbbell fly, but again, it provides constant tension throughout. In regards to standing or kneeling cable flys, using a bench will allow you to pin your
shoulders back, which can help take your front delts out of the equation so you can really focus on using your chest to power the movement. Muscles Emphasized: Pec Major Set Up: Place a flat bench right at the cable pulleys when lying
down. How to: Grab a handle in each hand with your palms facing up, then lay flat on the bench and keep your feet on the ground. Extend your arms should be just about parallel to the floor so you have a nice stretch in
your pec. This is your starting position. While keeping your shoulders pinned to the bench and your shoulder blades retracted. Lift your arms in a semi-circle motion. Squeeze the heck out of your chest at the top, then slowly return your arms back down to parallel with the floor. Repeat. 13
Cable Incline Bench Fly With the incline bench cable fly, you are going to be emphasizing your upper chest. Your front delts will naturally have more activation than the flat bench with the back rest at 30-45° at the center of the cable
machine. Your chest will be lined up with the cable pulleys when lying down. How to: Grab a handle in each hand with your palms facing up, then lay flat on the bench and keep your feet on the ground. Extend your arms to your side with a slight bend in your elbows. You will keep your elbow fixed in this position for the entire movement. Your arms
should be in line with your shoulder and just about parallel to the floor so you have a nice stretch in your pec. This is your starting position. While keeping your shoulders pinned to the bench and your pec to power the motion. Squeeze the heck out of
your chest at the top, then slowly return your arms back down until you feel a good stretch in your pecs, then repeat. Cable Stability ball to do a cable fly as well. If you want the floor. If you want to do an incline fly, rest
your back further down on the stability ball so your torso is angled up. 14. Cable Decline Bench Fly The decline bench fly is meant to target the lower head of your pec major. Also, do to this body positioning, your pec minor will be activated to a higher degree. Muscles Emphasized: Pec Major (Lower Head), Pec Minor, Front Delt Set Up: Place a
bench with a 15-30° decline at the center of the cable machine. Your chest will be lined up with the cable pulleys when lying down. How to: Grab a handle in each hand with your palms facing up, then lay on the bench. Extend your arms to your side with a slight bend in your elbows. You will keep your elbow fixed in this position for the entire
movement. Your arms should be in line with your shoulders pinned to the bench and your shoulders pinned to the bench and your shoulder and just about parallel to the floor so you have a nice stretch in your shoulder and just about parallel to the bench and your shoulders pinned to the bench
sternum level. Squeeze the heck out of your chest at the top, then slowly return your arms back down until you feel a good stretch in your pecs. Cable Single Arm Bench Fly With the flat, incline, and decline fly, you can also try one arm flys. This will allow you to hone in on one side at a time and incorporate your core more. 15. Cable Pullovers You've
probably seen this exercise done with dumbbells before. While it's a good chest exercise, it is equally as good for your lats and abs. That said, this exercise is typically done on chest days (or if you do push-pull superset workouts), as it does a great job of activating the upper chest. Muscles Emphasized: Upper Chest Set Up: Position a flat bench in
 front of one cable tower. It should be directly in line with it. You can use a rope attachment or a straight bar. The rope will allow for a close grip, which is better for activating your chest, whereas the straight bar will place slightly more emphasis on your lats. How to: Lie down on your back with your head towards the cable machine and grab the rope
 with a neutral grip Starting with your arms stretched out back behind your head with elbows slightly bent, pull the rope straight over your head until your arms are up directly above your chest. Slowly return your arms back behind you and feel a good stretch in your lats and chest, then repeat. Related: Cable Pullover Variations ARE CABLE
EXERCISES GOOD Strengthening THE CHEST? Absolutely! Cable exercises are great for building and strengthening your pectoralis major, which is the muscle that makes up the majority of your chest, as well as helping with chest fat loss. The cable crossover machine allows for a wide variety of chest exercises thanks to its ability to manipulate
angles and change attachments. You can also easily alter your body positioning or even bring benches and seats into the mix when using cables. From a standing, sitting, or lying position, you can do all of the variations of free weight load in seconds.
Not only is changing the weight easy, but the cable machine provides constant tension unlike free weights, which have strength curves due to tension is maximized, which is fantastic for hypertrophy(muscle building). Want to 2-12 pounds of building the weight easy, but the cable machine provides constant tension unlike free weights, which have strength curves due to tension being gravitational. This means when you are performing a cable chest exercise, your time under tension is maximized, which is fantastic for hypertrophy(muscle building). Want to 2-12 pounds of building the weight easy, but the cable machine provides constant tension being gravitational.
muscle in 12 weeks? Check out our SFS Hypertrophy Program by Garett Reid (NSCA, CSCS, CISSN, M.S.E.S.S). Prepare to maximize your gains with our exclusive 12-week hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days... Sample CABLE CHEST WORKOUT While not many
people are likely to do a cable only chest workout, it can be done and in an effective manner no less. If all you have access to is a cable crossover machine, we promise you can get an exceptional chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass chest workout in. Here is an example of a kickass
 Bench Press: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable High to Low Fly: 3 sets x 10 reps Standing Single Arm Rotational Cable Press: 3 sets x 8 reps each side For those of you who just want to incorporate some cable chest exercises into your regular routine, then all you have to do is pick a couple of your favorite ones
(maybe one press and two flys and throw them into your workout). As these are more so accessory exercises, you can switch up your cable chest exercises weekly, bi-weekly, monthly, or as you see fit. Here is an example of a well-rounded chest workout that incorporates cables: Barbell Flat Bench Press: 4 sets x 6-10 reps Incline Dumbbell Bench
Press: 3 sets x 8-12 reps Cable Standing Chest Press: 3 sets x 10 reps (very slow eccentric) Cable Standing Middle Fly: 3 sets x 10 reps Dips: 3 sets x 10 reps Dips: 3 sets x max reps ANATOMY & FUNCTION OF THE CHEST Your chest is made up of two muscles, the pectoralis major and pectoralis minor. PECTORALIS MAJOR The pectoralis major, or pec major for short,
is a large fan-shaped slab of muscle. It is the larger of the two pectoral muscles, making up the vast majority of your chest), runs from your sternum (breastbone) up to your clavicle (collarbone), and to the side to your humerus (upper arm bone). While the pec major is one
muscle, anatomically speaking it has two distinct sets of muscle fibers. You have the upper head and lower head of the pec major. This is why you will often hear people saying "this exercise is good for the upper chest". Let us explain the function of each head, as this will help you understand how it is emphasized during workouts. Sternocostal head
The sternocostal head, which is commonly called the lower head, arises from the sternum and inserts into the humerus. It accounts for 80% of the total size of your pec major, so it really makes up the lower and middle portion of your chest. Its main responsibility is bringing your arms closer to your body's midline (shoulder adduction) and internal
rotation of your humerus. Exercises that emphasize the sternocostal head - flat presses & flys and decline presses & flys. Clavicular head, which is commonly called the upper head, arrises from the clavicular head, but it's main function is
shoulder flexion (lifting the arm up). Exercises that emphasize the clavicular head - incline press, low to high cable fly, front raises. PECTORALIS MINOR Your pec major. It arrises from your rib cage (3-5th ribs) and inserts into your coracoid (a small
hook-like profusion at the top of your scapular). While the pec minor sits on your anterior side, due to its attachment point, its main function and downward rotation of the scapula. As your scapular (shoulder blades) plays an
important role in stabilizing your shoulders when performing chest exercises, your pec minor is working as a stabilizer for any exercise bring the pec minor into a more significant role, which can help to further strengthen it. For
example, with chest exercise that involve leaning your upper body forward or drawing your shoulder blades down, such as split stance cable flys or cable decline presses, your pec minor will become more activated. We have included a few exercises like this in our best cable chest exercises, as having a strong pectoralis minor means you have greaten
shoulder and scapular stability, and thus are more injury resilient when performing any pushing exercises. Serratus Anterior: While your serratus anterior is not part of your chest, it plays an important role in chest exercises, especially cable chest exercises as your shoulder blades will not always be set to a bench, therefore allowing you to have more
scapular movement. Your serratus anterior is the saw like muscle under your armpit and near the bottom side of your chest. If you have low body fat, it will show. The serratus anterior is responsible for pulling the scapular forward around your thorax, which means it is active anytime you bring your arms forward. It is also activated during overhead
movements. If you want to learn more, check out our favorite serratus anterior exercises, but we won't go in-depth here, just note that many cable chest exercises will also target this muscle because they involve scapula protraction. Front Delt: Your front delt is responsible for shoulder flexion, just like the upper head of your chest. So, anytime your
upper chest is working, your front delt is too. Essentially, all chest exercises work the front delt to some degree. The more shoulder flexion, the higher your front delt is too. Essentially, all chest exercises work the front delt will also be working during the upcoming cable chest exercises. Related: 19 Best Front Delt Exercises All in all, this
should give you a good idea of how chest exercises work your pecs and the surrounding muscles and body positioning is important for full development and strength of your chest. BENEFITS OF CABLE CHEST EXERCISES: Although we briefly covered the main benefits of using a cable machine for chest exercises above, let's
dig in a little deeper... Here are the main benefits of using cables for chest work: 1. Extremely Versatile With the cable crossover machine, you can easily play around with training variables like angles (load positioning) and body positioning) and body positioning. This allows you to target each area of your chest effectively (it's a big muscle), stress your muscles differently,
and build strength through all planes of motion. Not to mention, you can keep workouts fresh, fun and challenging. Let's go over the two main variables for cable towers enable you to set the angle at any point from the top to bottom. With that,
you are changing the direction of the load and can alter your path of motion. This means you can hit your muscles differently even with the same type of movement. For example, you could do a cable fly with the same type of movement. For example, you could do a cable fly with the same type of movement. For example, you could do a cable fly with the same type of movement.
change the angles alone gives you so much to play with, but you also have other training variables that you can alter and further increase variety. Body Positioning: You can easily alter your body positioning when using cables as well: Standing (bilateral, staggered stance, split stance) Kneeling (half-kneeling, tall-kneeling) Sitting (bench, stability ball)
Lying (bench, stability ball) With standing positions and an adjustable bench, you can also change things up further, such as bent over flys, incline press/fly, decline press/fly, decline press/fly, decline press/fly. Moreover, you can also change up the
dynamics. Altogether, you can target your chest in so many different ways to ensure each and every muscle fiber of your pec major (upper, lower, middle, inner) is activated adequately. With the combinations of all these variables, you can see why there are so many different cable chest exercises and how you can get a very well-rounded chest
workout and chest development with just cables alone. 2. Weight Load & Tension In regards to the actual load, the cable machine is unique in two ways. First of all, it's super easy to change up the weight. All you have to do is pull and plug a pin into the appropriate weight stack for the exercise at hand. Secondly, the tension is different from that of
a dumbbell, barbell or any other free weight. This is because cable machines provide a flat resistance curve, rather than an ascending or descending strength curve. In other words, with cable exercises, there is constant tension. So, a cable fly or press will be equally as hard at the top of the range as it is in the bottom of the range, whereas with
dumbbells, it is hardest in the stretched position. Overall, this is ideal for hypertrophy goals, as it provides your muscles with more time under tension, which fatigues the muscles faster. This is why the cable machine is so popular among bodybuilders when doing isolation work. 3. Independent Arm Movement Cable chest exercises will have your
arms working independently of each other. This ensures that you are not favoring one side more than the other, which ultimately helps you iron out any muscle imbalances and asymmetries. 4. Controlled Range of motion By changing where your body is positioned and where the cable is angled, you can control the range of motion to be less or more
This is ideal if you want to work on certain ranges of motion or if you have some limitations. Another point to controlled movements. It's not like a barbell or dumbbell where you can get sloppy with jerky movements. 5. Efficiency Cable machines make workouts
more efficient. You can go from one chest exercise to the next, quickly alter training variables, and change the weight load in a matter of seconds. 6. Safe Comparing to barbells, cable machines are a safer option. Not only are they easier on the joints (shoulders, elbows and wrists), for the most part, you can also easily bail from any exercise. With
that, you can train to failure with cable machines and really get the most hypertrophy and strength benefits possible. All in all, cable machines are a versatile, effective, and efficient option for training the chest. We highly recommend that you incorporate some cable chest exercises into your routine. It's a fantastic way to isolate the pecs for size and
            Note: Cable exercises are also great for beginners as it requires less technique on form than a bench press with a barbell lift form, as well as more advanced athletes who simply want to really hone in on pec isolation. HOW
DO YOU WORK OUT YOUR CHEST WITH CABLES? The two main chest exercises you are going to do with cable presses and flys. However, there are many variations for both cable presses and flys. However, there are many variations for both cable presses and flys. However, there are many variations for both cable presses and flys. However, there are many variations for both cable presses and flys.
Chest Press Standing Single Arm Chest Press (Low to High) Lying Chest Press (bench needed) Incline Chest Press (bench needed) Decline Lying Chest Press (bench needed) Decline Lying Chest Press (bench needed)
Stability Ball Chest Press Cable Fly Variations: Standing Fly (High to Low) Standing Fly (High to Low) Kneeling/Half-Kneeling Fly (High to Low) Kneeling/Half-Kneeling Fly (Low to High) Lying Chest
Fly (bench needed) Incline Chest Fly (bench needed) Decline Chest Fly (bench needed) Stability Ball Chest Fly Then you also have exercises below, but first, let's talk about rep ranges and weight load for cable chest exercises... Cable Machine Chest
Exercises - Best Rep Range & Load: Since the cable crossover machine is more about hypertrophy than strength, as the best strength building chest exercises will be 6-15. However, in some cases as many as 20-25. So, actually, 6-25 reps. But let
us break it down more clearly. 6-8 reps - Strength & Hypertrophy 8-15 reps - Hypertrophy & Endurance We recommend that you work through all of these rep ranges, it's just the emphasis is as listed above. In terms of
load, you want to choose a weight stack that challenges you in these rep ranges. Essentially, you should be choosing a weight that brings you to failure (or near failure) in the rep range you are working. For example, if you are working 3 sets in the hypertrophy range: Set 1: 14 reps (failure) Set 2: 12 reps (failure) Set 3: 9 reps (failure) Rest time about
45-60 seconds between sets. Progression: Progression will occur just like free weight once you max out in your rep range. So, if you can do 3 sets for 15 reps with 45 seconds rest in-between sets, it's time to move up a weight notch.
The best way to progress is to stick to one variable for a given period of time. i.e. you keep your rest time the same, but you increase weight load. By doing this, you will ensure your muscles are overloaded each session, and thus they
will continue adapting (getting strong and bigger). Beginners can stick to a simple progressive overload plan like this, but more advanced athletes will need to use a more complex plan. Related: How to Progressive overload plan like this, but more advanced athletes will need to use a more complex plan. Related: How to Progressive overload plan like this, but more advanced athletes will need to use a more complex plan. Related: How to Progressive overload plan like this, but more advanced athletes will need to use a more complex plan. Related: How to Progressive overload plan like this, but more advanced athletes will need to use a more complex plan. Related: How to Progressive overload plan like this, but more advanced athletes will need to use a more complex plan. Related: How to Progressive overload plan like this, but more advanced athletes will need to use a more complex plan like this, but more advanced athletes will need to use a more complex plan like this, but more advanced athletes will need to use a more complex plan like this, but more advanced athletes will need to use a more complex plan like this, but more advanced athletes will need to use a more complex plan like this, but more advanced athletes will need to use a more complex plan like this, but more advanced at the plan like this plant like this plan like this plan like this plan like this plan l
chosen the 15 best exercises for you to do. These exercises will hit your pecs with the highest activation and together they will allow you to do presses and flys that target each and fullest pectoral development. Get a structured and
guided workout plan designed for packing on muscle mass: SFS Hypertrophy Program by Garett Reid (NSCA, CSCS, CISSN, M.S.E.S.S). Prepare to maximize your gains with our exclusive 12-week hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days... Related: FAQ ABOUT CABLE
CHEST EXERCISES: ARE CABLE CHEST FLYS BAD? Quite the contrary. When comparing to dumbbell chest flys are easier on your joints and are less likely to cause you to overextend your shoulder joint. In terms of hypertrophy and strength, they are quite effective because they provide constant tension due to the flat resistance
curve (dumbbells have a strength curve that makes the top easier than the bottom, whereas cables have even resistance throughout). This is why you see a lot of people use the cable crossover machine for flys more than dumbbells. That said, both are effective as long as your form is correct. IS USING A BENCH OR STANDING FOR CABLE FLYS
AND PRESSES BETTER? Both are good options. They are just different. When standing (or kneeling), you have no back support, so more muscles will be involved for stability and you will have a greater range of motion. You will also be able to use slightly heavier loads when standing. With a bench, you can stability and you will have a greater range of motion. You will also be able to use slightly heavier loads when standing.
more. We recommend trying both and implementing both into your routine. TIP FOR INCREASING WEIGHT LOAD FOR PRESSES: When it comes to presses, you may find that you need a heavier load, in which case you can place a dumbbell of adequate weight over the top of the cable machines weight stack. This will increase the weight load by
cable strength curves. Add these cable chest exercises into your routine and let us know how it goes! More Resources on Cable Exercises are a
great alternative for people who experience discomfort in their joints during the bench press. Cable exercises are an effective means of training your chest training), smooth, constant tension (uninterrupted time under tension) on your muscles, and good range of motion. They can be easily
 modified by adjusting the weight, the angle of the pulleys, and the attachments used. From a standing, sitting, or lying position, you can do all the variations of chest presses and fly exercises with a cable machine. Cable Fly (high to low,
low to high): Isolation exercises that isolate and emphasize upper or lower chest development. Cable Crossover (standing, kneeling, or with just one arm at a time): Sculpt and define your inner chest. Pullovers......Many MORE... This comprehensive guide provides 14 cable chest exercises that target every part of your chest - upper, lower, inner, and
 outer. 14 Best Cable Chest Exercises To Build Mass and Strength The two main chest exercises you can do with cables are press and fly. Both have many variations. Here are the 14 best cable Crossover (Middle Cable Fly) If you're looking
for straightforward cable machine chest exercises to add to your routine, cable crossover is a great staple exercise to get you started. It provides constant tension in helping build massive pecs. Standing cable crossover is a great staple exercise helps develop
the lower and the central chest muscles by providing much-needed stress in the lower and the inner pecs. How To Do In a standing position, grab and hold the handles of overhead pulleys on both sides. Bend slightly forward and extend your arms. Feel a good stretch in your chest muscles. Now flex your arms with elbows slightly bent and get a good
chest contraction. Unlike chest flies, you can cross over the center to get full Pec contraction, Breathe in on the relaxation phase and breathe out when contracting, always keeping your head up. Related Post Lower Chest 2. Low Cable Fly (Low to High Cable Fly) The low-to-high cable chest fly, is the best
exercise for training and strengthening the chest and front delt. It primarily targets the upper pectorals by pulling the arms from a low to high angle. This exercise is highly specialized in isolating the pectoral muscles. Unlike compound exercises such as bench presses, which target the chest, triceps and shoulders, the low Cable Chest Fly solely
targets the chest. How To Do Set both pulleys as low as possible and select the desired weight. To keep your balance, stand in a staggered stance. Grab and hold the handles of overhead pulleys on both sides. Bend your elbows and pull your hands together in a
wide circle in front of you. Stop when your hands touch. Breathe out as you lift the handles up and together. Slowly lower back to the starting position and repeat for the desired number of repetitions. Know More: Upper Chest Cable Exercises For Bigger & Stronger Chest 3. High Cable Fly (High to Low Cable Fly) This exercise is highly specialized in
isolating the pectoral muscles. Unlike compound exercises such as bench presses, which target the chest, triceps and shoulders, the High Cable Chest Fly solely targets lower portion of your chest. This makes it an ideal move to strengthen your lower chest and create an impressive set of pecs. How To Do Attach the D-shaped handles to the high
pulleys on the cable machine. Ideally, they should be at head height or slightly above. Stand in the center of the cable machine with your feet shoulder-width apart. Grasp the handles with an overhand grip and step forward to create tension in the cables. For balance, you can either place one foot slightly in front of the other in a staggered stance or
keep your feet parallel and shoulder-width apart. Keep your arms straight and sweep the handles down and in front of you. Hold for a count of two at the bottom of the movement, then slowly return to the starting position. Read More: Lower Chest Cable Exercises For Bigger & Stronger Chest 4. Standing Cable Chest Press The standing cable chest
press is another great exercise for your cable chest workout because it gives you an increased range of motion and contact tension compared to the conventional bench press. Unlike the bench press, the standing cable chest press requires substantial core work to keep balance and stability. How To Do Stand in the center of the two pulleys and grip
the stirrups on both sides. Ensure your head is up, your core is engaged, and the rest of your body is stable and stationary. Step forward a couple of feet in front of the other to form a staggered stance or as comfortable for you. Move the handles forward through, extending via your elbows, until your hands
meet in the center. Briefly squeeze before slowly bringing back to the starting position. 5. Cable Flat Bench Press A lying cable chest presses is much greater than that of most traditional free-weight chest presses simply
because the strength curve of the cable pulleys more closely matches that of the movement/muscles. How To Do Attach stirrup handles to the low pulleys. Lie on the bench with your feet flat on the floor. Position the arms like you would for a shoulder-width grip bench press, starting from the bottom with a 90-degree elbow bend. Extend the arms
upward until the hands are side by side at the top. Reverse the action and repeat for the desired number of repetitions. 6. Incline Cable Bench Press During dumbbell incline bench presses, the resistance is directly downward, and your triceps brachii take over much of the force from your chest at the top of the press. In contrast, the incline cable
bench press focuses more on your upper pectoralis major throughout the movement because the resistance originates from an angle, and you have to push the stirrups upward and pull them inward at the top of the movement. Research shows that performing an incline cable fly with a 30 and 45 degree bench angle is the best for the upper chest.
Vary the position of the bench to hit different angles of the upper chest. How To Do Set the bench at about 30-45 degrees inclined. Do not go more upright as the stress shifts to the shoulders rather than the chest area. Attach stirrup handles to the low pulleys and lie on the bench with your feet flat on the floor. Exhale as you extend your elbows up to
move your arms up and inwards until your hands meet. Squeeze your chest at the top of the movement and then inhale as you slowly release to the starting position. 7. Decline Cable Bench Press The decline cable chest press is a variation of the decline dumbbell bench press. It is a great compound exercise for your chest, shoulders, and triceps.
Using cables, as seen in the decline cable chest press, allows one to keep constant tension on the target muscle groups throughout the exercise. Vary the position of the bench to hit different angles of the lower chest. How To Do Set a Decline bench at a 30-degree angle. Lie on the bench with your feet flat on the foot pad or the roller. Lift your arms
straight up from your shoulders and hold the cable handle directly over your chest. Once in position, slowly press and extend your arms straight out until you feel the tension in your chest, and hold for a count. Bring your arms straight out until you feel the tension in your chest, and hold for a count. Bring your arms straight out until you feel the tension in your chest, and hold for a count. Bring your arms straight out until you feel the tension in your chest, and hold for a count. Bring your arms straight out until you feel the tension in your chest, and hold for a count. Bring your arms straight out until you feel the tension in your chest, and hold for a count. Bring your arms straight out until you feel the tension in your chest, and hold for a count. Bring your arms straight out until you feel the tension in your chest, and hold for a count. Bring your arms straight out until you feel the tension in your chest, and hold for a count. Bring your arms straight out until you feel the tension in your chest, and hold for a count. Bring your arms straight out until you feel the tension in your chest, and hold for a count in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the tension in your arms straight out until you feel the your arms straight out until you feel the your arms straight out until you feel the your arms straight out until you 
Cable Chest Fly Unlike dumbbells or machine fly, the cable system maintains constant tension and isolates the pectoral muscles at the bottom of the movement. How To Do Attach stirrup handles to the low pulleys. Lie on the bench with your feet
flat on the floor. Lift your arms straight up from your shoulders and hold the cable directly over your middle chest. Slowly lower the cable attachments outward to your pecs muscles to draw your arms back together. Know More: Cable
Fly: Muscle Worked, Alternate, Variations 9. Incline Cable Fly The incline cable fly is an isolation exercise primarily targeting the upper chest muscle activation. It uses a cable machine with an adjustable pulley system and a bench set at
an incline angle of around 30-45 degrees. How To Do Set an incline bench at a 30-to 45 degree angle. Attach stirrup handles to the low pulleys and select a weight that challenges you but allows you to maintain proper form. Lay back and get into position while holding the handles at chest height. Press the handles to lockout while flexing the pecs and
extending the elbows. With a slight bend of your elbows, lower your arms out at both sides in a wide arc until you feel a stretch on your chest. Return your arms back to the starting position as you squeeze your chest muscles and exhale. Hold the contracted position for a second. 10. Decline Cable Fly Finally, if you're looking for one more effective
cable chest exercise to train your lower chests, try the decline cable fly. It is one of the most suitable exercises for isolating the lower chest muscles, and add variety to your workouts. How To Do Set a Decline bench at a 30-degree angle. Lie on the
bench with your feet flat on the footpad or the roller. Pick a weight that you can control, that's not too light or heavy — find what's right for your. Lift your arms to your sides until your wrists reach about shoulder level or slightly above. Inhale
slowly as the arms return to the starting position while keeping the scapular retraction and elbows bent. Read More To Know More: Decline Fly: Muscle Worked, Benefits, Form 11. Cable Press on a stability ball is the best exercise that strengthens both your chest and core muscles. It also increases hip and glute
activation and total body stability while increasing muscle activation of the pectorals and hips. This movement can be done with heavy or light loads to increase triceps, chest, and core strength. How To Do Start by lying on a ball and holding two cable handles in each hand. Slowly walk your feet out in front of you so your legs are extended, your
knees bent, and your back is flat in the middle of the ball. Keep your head and spine neutral, raise the hips, and tighten your core. Move the handles forward and extend your elbows until your head and spine neutral, raise the hips, and tighten your core. Move the handles forward and extend your elbows until your hands meet in the middle. Hold on to this position for a few seconds, then return to the starting position. Perform the exercise properly and ensure they don't
lose their balance and fall. 12. Cable Incline Fly On Stability Ball If you're looking for a way to get more creative with your cable chest workout, why not try cable Incline Fly On a Stability Ball? This exercise may seem easy because you're lying back on the ball, but there's still a lot going on when you do it. This is a difficult exercise but extremely
important to improve stability and control. How To Do Start off by sitting on an exercise ball, gripping cable handles in each hand. Slowly roll down on the exercise ball, ensuring that your feet are planted on the floor ahead. Lift up with the cables and bring them straight up above your chest, squeezing
throughout the entire motion. Perform the exercise properly and ensure they don't lose their balance and fall. For a brief period of time, maintain this position and then return to the initial position. 13. Single Arm Chest Fly When doing a chest workout with a cable machine, you can add plenty of single-arm exercises to correct potential imbalances.
The one-arm fly is a unilateral variation of the fly. It is used by those who want to focus on the inner chest. During Exercise, emphasis is placed on bringing the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline, thus extending the resistance further across the body and past the midline further across the body a
select the resistance, and take a handle in one hand. Extend your arm and have a slight bend in your elbow. Slowly pull your hand to the midline of your chest. Hold for a second, and return to the starting position to complete one rep. Keep a controlled motion and avoid jerky movements. 14. Cable Pullover The lying cable pullover is a great
alternative to the barbell or dumbbell pullover. Cable Pullovers are the best exercise for building a strong rib cage and serratus anterior muscle, which together form a complete chest and back. Pullovers work directly on the serratus anterior muscle, which together form a complete chest and back. Pullovers work directly on the serratus anterior muscle, which together form a complete chest and back. Pullovers work directly on the serratus anterior muscle, which together form a complete chest and back. Pullovers work directly on the serratus anterior muscle and the servant of the back. The back is a servant of the back and the servant of the back and the back are the back and the back are the back and the back are the back a
2-3 feet between it and the machine. Lay down on the bench on your back with your head up near the end closest to the cable machine. Grasp a rope with both hands. Maximum stretching ensures the greatest expansion of the rib cage. Keep your arms straight and slowly pull your hands up and across the top of your head. Pause, and then lower the
weight back to the starting position. Repeat for desired reps. Cable Chest Workout Training Tips and Techniques When doing chest exercises using cables, it is important to remember that the exercises should target both the upper and lower portions of the chest. 1. Select the Weekly Sets As Your Fitness Level Of course, the number of sets will be
determined based on your fitness journey, but here is a great starting point: Beginners: ~10 sets per week. Advanced: ~20 sets per week. When a certain amount of volume stops being effective and your progress stalls, you can add sets to increase volume and use that as a driver of renewed progress. 2. Choose a
Training Plan As Per Your Goal The Cable chest exercises listed will be performed with moderate loads and repetitions to emphasize both muscular hypertrophy (muscle growth) and muscular hypertrophy (muscle endurance. For muscle endurance of at least 50 to 70% of your 1RM. For muscle extrength: Aim for 3-4 sets of 12-15 reps, with moderate resistance of at least 50 to 70% of your 1RM. For muscle extrength: Aim for 3-4 sets of 12-15 reps, with moderate resistance of at least 50 to 70% of your 1RM. For muscle extrength: Aim for 3-4 sets of 12-15 reps, with moderate resistance of at least 50 to 70% of your 1RM. For muscle extrength: Aim for 3-4 sets of 12-15 reps, with moderate resistance of at least 50 to 70% of your 1RM. For muscle extrength: Aim for 3-4 sets of 12-15 reps, with moderate resistance of at least 50 to 70% of your 1RM. For muscle extremely an account of the properties o
5 sets and 3 to 6 reps with heavy weight, i.e., at 85%, 1 RM loads. For muscle hypertrophy (increased muscle size): Aim for 3-4 sets of 8-12 reps, with moderate to heavy resistance of 70 to 85% of your 1RM. It is always best to start with a lower number of reps and sets, and then gradually increased as your strength improves. 3. Select Both Compound
and Isolation Including compound and isolation exercises in your routine is important to maximize your gains. Compound movements improve strength and mass, while isolation exercises refine specific areas for a balanced and sculpted chest. Change the body position, weight load, and attachments to hit all pecs muscles from different angles and
motions. 4. Beginner Cable Chest Workout Routine It will be important to perform each set to muscular fatigue. In other words, the last few repetitions should be difficult, but you should be able to maintain ideal form, posture, and technique throughout the entire set. ExerciseSetsRepsRestStanding Cable Chest Press3-48-1060-90 secondsCable
Incline Bench Press3-4860-90 seconds Cable Pullover48-1045-60 seconds ExerciseSetsRepsRestFlat Cable Bench Press48-1045-60 seconds ExerciseSetsRepsRestCable Chest
Press3-410-1230-45 secondsLow-to-High Cable Flyes3-410-1230-45 secondsSingle-Arm Cable Flyes3-48-1030-45 secondsSingle-Arm Cable Flyes3-1030-45 secondsSingle-Arm Cable Flyes3-1030-45 secondsSingle-Arm Cable Flyes3-1030-45 secondsSingle-Arm 
angles and provide overall muscle growth. Be smart: Don't limit yourself to cable chest exercises when needed. Cable workouts can be easily incorporated into any training program and are particularly effective when used alongside dumbbells, barbells,
machines, and bodyweight to build the biggest, strongest arm possible. FAQ Should I perform cable chest exercises at the beginning or end of your workout, depending on your goals. If you want to focus on chest training, consider doing cable chest exercises at the
beginning of your workout. Can cable chest exercises replace traditional chest exercises are a good addition to your workout routine, but they shouldn't replace traditional chest exercises completely. Try to include different exercises to target different areas of the chest exercises are a good addition to your workout routine. Can
cable chest exercises be performed at home? Yes, cable chest exercises, such as push-ups and chest dips, can also be performed without any equipment. Conclusion Doing the chest workout using cable machine exercises, will give your chest a complete
workout, focusing on equal parts on each section of your pectorals for improved performance and aesthetics. This best cable chest exercise and workout plan is highly recommended for anyone interested in building body strength and gaining muscle. Let us know your favorite cable chest exercises in the comment section below! Thanks for reading!
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 Kinematics Between Cable-Based and Selectorized Weight Training. Journal of strength and conditioning research, 31(2), 313-322. Manish is a NASM-certified fitness and nutrition coach with over 10 years of experience in weight lifting and fat loss fitness coaching. He specializes in gym-based training and has a lot of knowledge about exercise,
lifting technique, biomechanics, and more. Through "Fit Life Regime," he generously shares the insights he's gained over a decade in the field. His goal is to equip others with the knowledge to start their own fitness journey. It goes without saying that the cable crossover machine is a go-to for chest exercises, but many people don't realize just how
many great cable chest exercises there are. In this post, we'll show you 15 of the best cable Chest exercises Good For Strengthening The Chest?
Sample Workout Chest Anatomy Benefits Of Cable Chest Exercises How To Workout Your Chest With A Cable Machine FAQs 15 BEST CABLE CHEST EXERCISES We are going to kick this off with the cable presses. After we run through all the cable presses, we will get into the flys and pullovers. 1. Cable Standing Chest Press While horizontal
presses from a lying position (supine or pushup) are great for strength, when you think about it, the standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standing chest press is the most functional type of horizontal press you can do. The standard press you can do. The standard press you can do. The standard pre
to lock them into position. Moreover, since your shoulder blades are free, more protraction can occur, allowing you to get a greater contraction fyour pecs and more activation in your serratus anterior. Muscle Emphasized: Pec Major, Front Delt, Triceps, Serratus Anterior, Core Set Up: Set the pulleys up so that the handles are chest to shoulder
height. How to: Stand in the middle of the two pulleys and hold one handle in each hand. Step forward a few feet in front of the cable machine, one leg in front of the next set of the standing cable chest press, it is
best to switch which leg is leading. Retract your shoulder blades and bring your arms to a 90-degree angle. This is your starting position. Before pressing, make sure your head is up and your core is engaged. Your entire body should be stationary except your arms. Press forward through elbow extension until your hands meet at the center. Squeeze
then slowly come back to the starting position. The slower, the better. Really feel the stretch in your chest at the bottom range, then repeat. Note: Altering the angle of the pulley height will change the emphasis on the muscles targeted. When pressing through the middle, it will provide you more even engagement of your pec major. If pressing up at
an angle, you will get more upper chest engagement, and if pressing down at an angle, you will get more lower chest engagement. 2. Cable Seated Chest Press The seated cable press is a good option if you want to really hone in on your pec major as the back rest will provide you with more stability. However, it will also slightly limit range of motion
albeit you'll still have good enough range of motion specifically for your pec major. All in all, it is a good pec isolation exercise. Muscles Emphasized: Pec Major, Front Delt, Triceps Set Up: This exercise is performed from a seated position, so you will need a bench with back rest at 90°. Place the bench in the middle of the two pulleys with the height
of the handles set to about chest level when seated. How to: Hold each handle with a pronated grip (knuckles facing the direction you're pushing). Keep your back tight against the bench with your wrists to keep the movement flowing from your elbows. This is
your starting position. Before pressing, make sure your head is up and your core is engaged. Your entire body should be stationary except your arms. Extend at your elbows, pressing from mid-chest area. Stop when your head is up and your core is engaged. Your entire body should be stationary except your arms. Extend at your elbows, pressing from mid-chest area. Stop when your head is up and your core is engaged. Your entire body should be stationary except your arms.
to get a full contraction. Slowly come back to the starting position. The slower, the better. Really feel the stretch in your chest at the bottom range, then repeat. 3. Cable Single Arm Rotational Chest Press The one arm rotational press provides a few unique benefits. It allows for full protraction of the shoulder, which allows you to fully activate your
 serratus anterior and maximize contraction of your pec major. Furthermore, it brings your core into play to a higher degree as it moves you through the transversus abdominis some special attention. Overall, it's a multiplanar exercise that
turns the cable chest press into a bigger compound movement. Muscles Emphasized: Pec Major, Front delt, Serratus Anterior, Obliques, Triceps. Set Up: You will only be using one pulley and one arm at a time. Set the handle height to a little lower than shoulder height and stand in the center of the cable crossover machine. How to: Grip the handle
palm down with your right hand. Step your right foot forward to get into a staggered stance. Your back foot should be on tiptoes, but your front foot should be on tiptoes, but your front foot should be on tiptoes, but your front foot should be planted firmly on the floor. With your elbow out at 45° from from your side, extend through your front foot should be on tiptoes, but your front foot should be on tiptoes.
and extend even further by bringing your shoulder forward while rotating your torso in the direction of the press (think about it like you are throwing a punch). Pause at the end for a moment, then repeat. After you do a
set number of reps, perform the same movement on the opposite side. 4. Cable Flat Bench Press The bench press using cables is a good way to target your chest with constant tension throughout the entire range of motion. It will definitely penetrate your pec major in a unique way, which can be a nice change if you always use barbell or dumbbells
Muscles Emphasized: Pec Major, Triceps, Front Delts Set Up: Place a flat bench right at the center of the cable machine and lower the handles using a neutral grip (your palms facing in towards your body). Note: If you bring the bench forward in front of the cable pulley machine, your grip will
change to a standard overhand grip. With your arms at 90°, brace your core, retract your shoulder blades, and press up till your arms are fully extended. You can bring your arms at 90°, brace your core, retract your shoulder blades, and press up till your arms are fully extended. You can bring your arms are fully extended. You can bring your arms are fully extended.
elbow flexion. Note: If you bring the bench forward or backward, you can change the angle of the load and your grip, which can allow you to alter how your pecs are being stressed. Depending on the cable pulley machine, grip will vary as well, as some cable crossover machines have towers that are closer together and you can't place the bench
directly under at the center, so you will naturally be out forward with your hands in the standard overhand grip, as you will need more core stabilization
and your shoulder blades will be free as the support is soft, which allows for a greater range of motion. 5. Cable Incline Bench Press. You are just changing your body position, which alters the path of motion of your press. With the incline press, you are pressing up at an angle
so you get more shoulder flexion, and thus more upper chest and front delt emphasis. Muscles Emphasis.
Lower the handles all the way to the bottom of the pulley towers. How to: Grab the handles with your arms at 90°, brace your chest, then exhale and move your arms up and inwards until your hands meet. Squeeze your chest at the
top of the movement, then inhale as you slowly bring your arms back down. Really feel the stretch at the bottom, then repeat. Cable One Arm Incline Press You can also do cable bench press exercises with one arm at a time, so that you can iron out muscle imbalances by placing focus on just one side at a time. Moreover, it is good for activating your
core to a higher degree to resist rotation. 6. Cable Decline Bench Press The cable decline press can be done standing/kneeling by simply setting the handles at the top (or near the top) of the towers and then pressing down and inward at an angle. OR, you can set up a bench in a decline position to mimic that of a decline dumbbell or barbell press.
With the bench, you can really hone in on your pec major, and more specifically, the lower head, as decline presses do. Muscles Emphasized: Pec Major (Lower Head), Pec Minor, Triceps Set Up: Place a bench with a 15-30° decline at the center of the cable machine. You'll want the bench to be in front of the pulleys, so the cables are angled behind
you. Lower the handles all the way to the bottom of the pulley towers. How to: Grab the handles with your arms at 90°, brace your core, keep your back firmly against the bench. Exhale and move your chest, then inhale as
you slowly bring your arms back down. Really feel the stretch at the bottom, then repeat. Cable Decline One Arm Press 7. Cable Middle Fly This is the standard cable fly variation. The cable fly is an isolation exercise for the pecs and front deltoids, which are the same muscles activated with a flat bench dumbbell fly. The difference with cables is the
resistance curve is flat with cables, so you get a constant load on your pecs throughout the whole range. Muscles Emphasized: Pec Major, Front Delt Set Up: Position the handles a little lower than shoulder height. You will need to stand directly in the middle of the crossover machine and step forward so that you can start from a position that is
stretching your pecs and front delts. How to: With your hands at about shoulder level, put a slight bend in your elbow, and bring your arms back as far as you comfortably can. You should feel a nice stretch your pecs. Brace your center. Your
elbow should remain in a fixed position and your shoulders pinned back. Use your pecs to power the movement by contracting them. Squeeze your pecs hard when your arms at your center, then slowly return your arms back as far as they can comfortably go. Again, really feel that stretching tension. 8. Cable Standing Fly (High to Low) With this
cable fly variation, you are performing the fly motion from high to low. With that, you are emphasizing the lower head of your pec major, as well as your inner chest as with all flys. Like any standing cable fly, you can either stand straight up in a bilateral stance or you can get into a staggered stance with your torso leaned slightly forward. Both are
going to work your pecs in a similar manner, but the staggered stance is going to allow you to go heavier than the "T" form. We recommend trying both to see what feels best for you. Muscles Emphasized: Pec Major (Lower Head), Front Delts, Pec Minor Set Up: Position the handles at the top of the cable towers. Stand directly in the middle and step
forward so that you can start from a position that is stretching your pecs and front delts. How to: With your arms up and back, a slight bend in your shoulder blades. This is the starting position. You should feel a nice stretch your pecs. Exhale and bring your arms down
and in until they meet at the bottom out in front of your hips. Squeeze your pecs hard, then slowly return your arms back as far as they can comfortably go. Again, really feel that stretching tension. Here is how it looks with the T form: The same general form applies, but your arms will be straight rather than a slight bend in your elbow. 9. Cable
Standing Fly (Low to High) This is the same concept as the previous exercise, but you will be moving your arms from low to high. With that, the emphasis is placed on your upper chest and you'll get even more front delt activation due to the movement being based on shoulder flexion (and adduction). Muscles Emphasized: Front Delts, Pec Major
(Upper Head) Set Up: Position the handles at the bottom of the cable towers. Stand directly in the middle and step forward so that you can start from a position that is stretching your pecs and front delts. How to: With your arms down and back, a slight bend in your elbow, and your hands at about hip level, brace your core and retract your shoulder
blades. This is the starting position. You should feel a nice stretch your pecs. Exhale and bring your arms up and in until they meet at about shoulder height. Squeeze your pecs hard, then slowly return your arms up and in until they meet at about shoulder height.
back throughout. 10. Cable Single Arm Bent Over Pec Fly If you want to change up angles to stress your pec major in a different manner, you can try the single arm bent over fly. It's an interesting exercise as it allows you to really maximize contraction with a fly motion. Also, by honing in on just one side, you can try the single arm bent over fly. It's an interesting exercise as it allows you to really maximize contraction with a fly motion. Also, by honing in on just one side, you can try the single arm bent over fly. It's an interesting exercise as it allows you to really maximize contraction with a fly motion. Also, by honing in on just one side, you can try the single arm bent over fly. It's an interesting exercise as it allows you to really maximize contraction with a fly motion. Also, by honing in on just one side, you can try the single arm bent over fly. It's an interesting exercise as it allows you to really maximize contraction with a fly motion. Also, by honing in on just one side, you can try the single arm bent over fly. It's an interesting exercise as it allows you to really maximize contraction with a fly motion.
Emphasized: Pec Major, Pec Minor (Inner Chest) Set Up: Position the handles at the top of the cable towers. You will be standing in the middle, but you are using just one arm at a time. How to: With this one, you should be aligned with the pulley, not out in front of it. Step away from the pulled a few feet (to about the center of the crossover machine
Grip the handle so your palm is facing in. Get into a bent over position by bending at the knees slightly and shooting your arm down and to your centerline. Keep your elbow fixed at all time. Slowly return your arm back and let it go up as high as you can to feel a
good stretch, then repeat. Be sure to power the movement by contracting your pecs. 11. Cable High Fly The high fly is a cable fly variations that targets your upper chest. You will be using a slightly higher pulley anchor point than the middle fly and you will be keeping your arms up and raising them up similar to an incline bench. Muscles
Emphasized: Upper Chest, Front Delt Set Up: Position the handles at about shoulder height. You will need to stand directly in the middle of the crossover machine and arms at shoulder level, put a slight bend in your elbow, and bring your arms back as far as
you comfortably can. Feel the stretch. Exhale as your bring your arms through an upward fly motion. When your head. Slowly return your arms back through the same path of motion, back into the stretched position, then repeat. 12. Cable Bench Fly This exercise mimics the flat bench dumbbell fly, but again
it provides constant tension throughout. In regards to standing or kneeling cable flys, using a bench will allow you to pin your shoulders back, which can help take your front delts out of the equation so you can really focus on using your chest to power the movement. Muscles Emphasized: Pec Major Set Up: Place a flat bench right at the center of
 the cable machine and lower the handles all the way to the bottom. Your chest will be lined up with the cable pulleys when lying down. How to: Grab a handle in each hand with your side with a slight bend in your elbows. You will keep your elbow
fixed in this position for the entire movement. Your arms should be just about parallel to the floor so you have a nice stretch in your pec. This is your starting position. While keeping your shoulders pinned to the bench and your pec to power the motion
Squeeze the heck out of your chest at the top, then slowly return your arms back down to parallel with the floor. Repeat. 13. Cable Incline Bench Fly With the incline bench due to the shoulder flexion. Muscles
Emphasized: Pec Major (Upper Head), Front Delt Set Up: Place a bench with the back rest at 30-45° at the center of the cable machine. Your chest will be lined up with the back rest at 30-45° at the center of the cable machine. Your feet on the ground. Extend your arms to
your side with a slight bend in your elbows. You will keep your elbow fixed in this position for the entire movement. Your arms should be in line with your shoulder and just about parallel to the floor so you have a nice stretch in your pec. This is your starting position. While keeping your shoulders pinned to the bench and your shoulder blades
retracted. Lift your arms in a semi-circle motion directly up in front of you. Use your pec to power the motion. Squeeze the heck out of your chest at the top, then slowly return your arms back down until you feel a good stretch in your pecs, then repeat. Cable Stability Ball Fly You can use a stability ball to do a cable fly as well. If you want the flat fly
then position yourself up higher on the stability ball so your upper body is parallel with the floor. If you want to do an incline fly, rest your back further down on the stability ball so your pec major. Also, do to this body positioning, your pec
minor will be activated to a higher degree. Muscles Emphasized: Pec Major (Lower Head), Pec Minor, Front Delt Set Up: Place a bench with a 15-30° decline at the center of the cable machine. Your chest will be lined up with the cable pulleys when lying down. How to: Grab a handle in each hand with your palms facing up, then lay on the bench.
Extend your arms to your side with a slight bend in your elbows. You will keep your elbows. You will keep your shoulders pinned to the bench and your
shoulder blades retracted. Lift your arms in a semi-circle motion up and to your center. Your hands should meet at the center at sternum level. Squeeze the heck out of your chest at the top, then slowly return your can also
try one arm flys. This will allow you to hone in on one side at a time and incorporate your core more. 15. Cable Pullovers You've probably seen this exercise done with dumbbells before. While it's a good chest exercise, it is equally as good for your lats and abs. That said, this exercise is typically done on chest days (or if you do push-pull superset
workouts), as it does a great job of activating the upper chest. Muscles Emphasized: Upper Chest Set Up: Position a flat bench in front of one cable tower. It should be directly in line with it. You can use a rope attachment or a straight bar will place
slightly more emphasis on your lats. How to: Lie down on your back with your head towards the cable machine and grab the rope with a neutral grip Starting with your arms are up directly above your chest. Slowly return your arms
back behind you and feel a good stretch in your lats and chest, then repeat. Related: Cable Pullover Variations ARE CABLE EXERCISES GOOD Strengthening THE CHEST? Absolutely! Cable exercises are great for building and strengthening with
chest fat loss. The cable crossover machine allows for a wide variety of chest exercises thanks to its ability to manipulate angles and change attachments. You can also easily alter your body position, you can do all of the variations of free
weight chest presses and flys with a cable machine, plus more. And, of course, you can change the weight load in seconds. Not only is changing the weight curves due to tension being gravitational. This means when you are performing a cable chest
exercise, your time under tension is maximized, which is fantastic for hypertrophy (muscle building). Want to 2-12 pounds of build muscle in 12 weeks? Check out our SFS Hypertrophy Program by Garett Reid (NSCA, CSCS, CISSN, M.S.E.S.S). Prepare to maximize your gains with our exclusive 12-week hypertrophy training program. Choose between
a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days... Sample CABLE CHEST WORKOUT While not many people are likely to do a cable crossover machine, we promise you can get an exceptional chest workout in. Here is an
example of a kickass chest workout using just a cable machine: Standing Cable Incline Bench Fly: 3 sets x 12 reps Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Press: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable Incline Bench Fly: 3 sets x 10 reps Standing Cable 
incorporate some cable chest exercises into your regular routine, then all you have to do is pick a couple of your favorite ones (maybe one press and two flys and throw them into your workout). As these are more so accessory exercises, you can switch up your cable chest exercises weekly, bi-weekly, monthly, or as you see fit. Here is an example of a
well-rounded chest workout that incorporates cables: Barbell Flat Bench Press: 3 sets x 10 reps Incline Dumbbell Bench Press: 3 sets x 10 reps Cable Standing Middle Fly: 3 sets x 10 reps Dips: 3 sets x 10 reps Dips: 3 sets x 10 reps Cable Standing Chest Press: 3 sets x 10 reps Dips: 3 sets x 10 re
two muscles, the pectoralis major and pectoralis major. PECTORALIS MAJOR The pectoralis major, or pec major for short, is a large fan-shaped slab of muscle. It is the larger of the two pectoralis minor. PECTORALIS MAJOR The pectoralis major, or pec major, of which you have two (one on each side of your chest), runs from your sternum
(breastbone) up to your clavicle (collarbone), and to the side to your humerus (upper arm bone). While the pec major is one muscle, anatomically speaking it has two distinct sets of muscle fibers. You have the upper chest". Let us
explain the function of each head, as this will help you understand how it is emphasized during workouts. Sternocostal head: The sternocostal head which is commonly called the lower head, arises from the sternocostal head. The sternocostal head which is commonly called the lower head, arises from the sternocostal head.
of your chest. Its main responsibility is bringing your arms closer to your body's midline (shoulder adduction) and internal rotation of your humerus. Exercises that emphasize the sternocostal head - flat presses & flys and decline presses & flys and decline presses & flys and decline presses that emphasize the sternocostal head - flat presses & flys and decline presses
(collar bone) and inserts into the humerus. It assists in the same actions as the sternocostal head, but it's main function is shoulder flexion (lifting the arm up). Exercises that emphasize the clavicular muscle, of which you have one on
each side, that lies under your pec major. It arrises from your rib cage (3-5th ribs) and inserts into your coracoid (a small hook-like profusion at the top of your scapular). While the pec minor sits on your anterior side, due to its attachment point, its main function is controlling structures on your backside. Specifically, it helps with stabilization,
depression, protraction, internal rotation and downward rotation of the scapula. As your scapular (shoulders when performing chest exercises, your pec minor is working as a stabilizer for any exercise that targets your pec major. It is not a primary mover kind of muscle, it's a stabilizer
muscle. That said, certain exercises bring the pec minor into a more significant role, which can help to further strengthen it. For example, with chest exercise that involve leaning your upper body forward or drawing your shoulder blades down, such as split stance cable flys or cable decline presses, your pec minor will become more activated. We
have included a few exercises like this in our best cable chest exercises, as having a strong pectoralis minor means you have greater shoulder and scapular stability, and thus are more injury resilient when performing any pushing exercises. Serratus Anterior: While your serratus anterior is not part of your chest, it plays an important role in chest
exercises, especially cable chest exercises as your shoulder blades will not always be set to a bench, therefore allowing you to have more scapular movement. Your serratus anterior is the saw like muscle under your armpit and near the bottom side of your chest. If you have low body fat, it will show. The serratus anterior is responsible for pulling the
scapular forward around your thorax, which means it is active anytime you bring your arms forward. It is also activated during overhead movements. If you want to learn more, check out our favorite serratus anterior exercises, but we won't go in-depth here, just note that many cable chest exercises will also target this muscle because they involve
is, your front delt will also be working during the upcoming cable chest exercises. Related: 19 Best Front Delt Exercises All in all, this should give you a good idea of how chest exercises work your pecs and the surrounding muscles and why changing angles and body positioning is important for full development and strength of your chest. BENEFITS
OF CABLE CHEST EXERCISES: Although we briefly covered the main benefits of using a cable machine for chest exercises above, let's dig in a little deeper... Here are the main benefits of using cables for chest work: 1. Extremely Versatile With the cable crossover machine, you can easily play around with training variables like angles (load
so many cable exercises for chest... Loading Angle: The cable towers enable you to set the angle at any point from the top to bottom. With that, you are changing the direction of the load and can alter your path of motion. This means you can hit your muscles differently even with the same type of movement. For example, you could do a cable fly with
the cable angled from above (a high to low fly) to hit your lower chest or angled below (a low to high fly) to hit your work positioning: You can easily alter your body positioning with, but you also have other training variables that you can alter and further increase variety. Body Positioning: You can easily alter your body positioning
when using cables as well: Standing (bilateral, staggered stance, split stance, split stance, split stance, split stance, stability ball) With standing positions and an adjustable bench, you can change things up further, such as bent over flys, incline press/fly, decline press/fly. Moreover, you can change
where your body is in relation to the cable machine. Standing directly in the center versus out in front of the machine will also change up the dynamics. Altogether, you can target your chest in so many different ways to ensure each and every muscle fiber of your pec major (upper, lower, middle, inner) is activated adequately. With the combinations of the machine will also change up the dynamics.
have to do is pull and plug a pin into the appropriate weight stack for the exercise at hand. Secondly, the tension is different from that of a dumbbell, barbell or any other free weight curve. In other words, with cable exercises, there is
constant tension. So, a cable fly or press will be equally as hard at the top of the range as it is in the bottom of the range, whereas with dumbbells, it is hardest in the stretched position. Overall, this is ideal for hypertrophy goals, as it provides your muscles with more time under tension, which fatigues the muscles faster. This is why the cable
of motion By changing where your body is positioned and where the cable is angled, you can control the range of motion or if you have some limitations. Another point to controlled range of motion is the way you move with cables. Cables promote smooth, controlled
movements. It's not like a barbell or dumbbell where you can get sloppy with jerky movements. 5. Efficiency Cable machines make workouts more efficient. You can go from one chest exercise to the next, quickly alter training variables, and change the weight load in a matter of seconds. 6. Safe Comparing to barbells, cable machines are a safer
option. Not only are they easier on the joints (shoulders, elbows and wrists), for the most part, you can also easily bail from any exercise. With that, you can train to failure with cable machines are a versatile, effective, and efficient option for training the
chest. We highly recommend that you incorporate some cable chest exercises into your routine. It's a fantastic way to isolate the pecs for size and strength. Note: Cable exercises are also great for beginners as it requires less technique on form than a bench press with a barbell or even dumbbells. This makes cable chest exercises great for beginners as it requires less technique on form than a bench press with a barbell or even dumbbells. This makes cable chest exercises great for beginners as it requires less technique on form than a bench press with a barbell or even dumbbells.
who have trouble with conventional barbell lift form, as well as more advanced athletes who simply want to really hone in on pec isolation. HOW DO YOU WORK OUT YOUR CHEST WITH CABLES? The two main chest exercises you are going to do with cables are presses and flys. However, there are many variations for both cable presses and cable
flys. Cable Press Variations: Standing Chest Press Standing Chest Press (High to Low) Standing Chest Press (High to Low) Kneeling/Half-Kneeling Chest Press Standing Chest Press Standing Chest Press (High to Low) Kneeling/Half-Kneeling Chest Press Standing Chest Press (High to Low) Kneeling/Half-Kneeling Chest Press (High to Low) Kneeling Chest Press (High to Low) Kneeling Chest
Chest Press (Low to High) Lying Chest Press (bench needed) Incline Chest Press (bench needed) Decline Lying Chest Press (bench needed) Standing Fly (High to Low) Standing Fly (High to
Single Arm Fly Kneeling/Half-Kneeling Fly (bench needed) Incline Chest Fly (bench needed) Incline C
most of these exercises below, but first, let's talk about rep ranges and weight load for cable chest exercises... Cable Machine Chest Exercises below, but first, let's talk about rep ranges and weight load for cable chest exercises are the cable crossover machine is more about hypertrophy than strength building chest exercises will be done with heavy loads using a barbell or dumbbells
the ideal rep range for cable chest exercises will be 6-15. However, in some cases as many as 20-25. So, actually, 6-25 reps - Hypertrophy & Endurance We recommend that you work through all of these rep ranges. It should be noted that
strength, hypertrophy, and endurance will be gained in each of these rep ranges, it's just the emphasis is as listed above. In terms of load, you want to choose a weight stack that brings you to failure (or near failure) in the rep range you are working. For example, if
you are working 3 sets in the hypertrophy range: Set 1: 14 reps (failure) Set 2: 12 reps (failure) Set 3: 9 reps (failure) Set
max out in your rep range. So, if you can do 3 sets for 15 reps with 45 seconds rest in-between sets, it's time to move up a weight notch. The best way to progress is to stick to one variable for a given period of time. i.e. you keep your rest time the same, but you increase weight load. Reps will be increased as well, but only until you reach the max in
your rep range, so really the focus is weight load. By doing this, you will ensure your muscles are overloaded each session, and thus they will continue adapting (getting strong and bigger). Beginners can stick to a simple progressive overloaded each session, and thus they will continue adapting (getting strong and bigger).
 Progressive Overload What are the best cable exercises for chest? While all of the aforementioned cable chest exercises are effective, we have chosen the 15 best exercises for you to do presses and flys that target each and every muscle fiber in your pecs with the highest activation and together they will allow you to do presses and flys that target each and every muscle fiber in your pecs with the highest activation and together they will allow you to do presses and flys that target each and every muscle fiber in your pecs with the highest activation and together they will allow you to do presses and flys that target each and every muscle fiber in your pecs with the highest activation and together they will allow you to do presses and flys that target each and every muscle fiber in your pecs with the highest activation and together they will allow you to do presses and flys that target each and every muscle fiber in your pecs with the highest activation and together they will allow you to do presses and flys that target each and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the highest activation and every muscle fiber in your pecs with the
chest (with optimal stretching and contraction tension) so that you can have the best and fullest pectoral development. Get a structured and guided workout plan designed for packing on muscle mass: SFS Hypertrophy Program by Garett Reid (NSCA, CSCS, CISSN, M.S.E.S.S). Prepare to maximize your gains with our exclusive 12-week hypertrophy
training program. Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days... Related: FAQ ABOUT CABLE CHEST EXERCISES: ARE CABLE CHEST FLYS BAD? Quite the contrary. When comparing to dumbbell chest flys, cable chest flys are easier on your joints and are less likely to cause you to overextend your
more than dumbbells. That said, both are effective as long as your form is correct. IS USING A BENCH OR STANDING FOR CABLE FLYS AND PRESSES BETTER? Both are good options. They are just different. When standing (or kneeling), you have no back support, so more muscles will be involved for stability and you will have a greater range of
motion. You will also be able to use slightly heavier loads when standing. With a bench, you can stabilize your body to isolate your pecs more. We recommend trying both and implementing both into your routine. TIP FOR INCREASING WEIGHT LOAD FOR PRESSES: When it comes to presses, you may find that you need a heavier load, in which case
you can place a dumbbell of adequate weight over the top of the cable machines weight stack. This will increase the weight load by however much the dumbbell weighs. Another interesting option is to combine cables with dumbbells. This can be done when using a bench as your body will be positioned against gravity. Basically you just hold the
handles and dumbbells at the same time. This will provide you with more weight AND it gives you the benefits of both free weight and cable Exercises: Prepare to maximize your gains with our exclusive 12-week hypertrophy
training program. Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days... Cable chest exercises provide constant tension on the muscle throughout the entire range of motion, allowing for
a more effective muscle contraction. These exercises can provide a variety of different movements, such as press, fly, and pull-down, allowing for a well-rounded workout that targets all parts of the chest muscles. Did you know you can do a full chest workout targeting all the muscles that make up your pectoral muscle group, using one single
machine? You can, and the machine that makes this possible is the cable machine. (See our recommended cable machine. You will also find an example cable chest workout for you to try out on your next chest day. If you're looking
machines, dumbbells, and barbells. Pay close attention to the notes provided on form, as form is key to yielding the best results and keeping you safe. 1. Cable Crossover Chest Exercise The cable crossover chest exercise focuses our workout on the pectoralis major (lower) muscle group. Below are the seven steps to follow to perform the cable
crossover chest exercise. Attach a single handle on the highest setting/above your head on each cable tower. With a handle in each hand, stand in the middle of the towers and step forward into a split stance. Have your weight in your front foot creating a slight forward lean through your torso. Start with your arms out wide, behind you enough to
create a stretch feel through your pecs. With a small bend in your elbows, pull the cables downwards in front of you, crossovers with alternating arms each rep. I.e. right arm over, left arm under/left arm over, right arm under Keep your torso mostly still
and allow your chest to pull the weight forward rather than through created momentum. More like this: Top 8 Lower Chest Exercises for Building Huge Pecs 2. Cable Fly (Middle Chest Workout) The cable fly exercises your pectoralis major (middle) chest muscles. The cable fly exercise is done with the following five steps. Attach a single handle
above shoulder height on each cable tower. With a handle in each hand, stand in the middle of the towers and step forward into a split stance. Transfer your weight onto your chest and shoulders. Maintaining a small bend in your elbows and
keeping your chest upright, pull the cables together in a sweeping motion so that your hands meet in front of your body with your palms facing each other. Hold in this position, controlling the weight all the way. 3. Low Cable Fly The low cable fly works the pectoralis
minor (upper) chest muscles. Follow the five steps below to perform the low cable fly. Attach a single handle in each hand, stand in the middle of the towers and step forward into a split stance. Lean forward onto your front foot, bending that knee. Your back leg should be straight. As your arms are
pointing downwards to start off with, you're going to be pulling the cables upwards and together to meet in the middle of your chest. Keep a small bend in your elbows and an engaged core/still torso whilst doing so. When your palms
together to create a 'V' shape with your hands/handles. Hold in this position for a moment before returning to the starting position. More like this: Top 6 Upper Chest Exercises for Bigger, Stronger Pecs 4. Exercise Ball Cable Fly The exercise ball cable flies are chest strengthening workouts that focus on the pectoralis major (lower to middle) chest
muscles. The exercise ball cable fly workout comprises the four steps below. Attach a single handle in each hand, sit on the ball and then walk your feet outwards until your body is in a semi-horizontal position with your
upper back and shoulders left on the ball. Your hips should remain upright and you should have a rough 90-degree bend in your knees with your feet flat on the elbows, pull the cables up and together to meet over the top of
your chest. Hold this position whilst your pecs are fully contracted for a second, and then release back to starting position. Pro tip: do this exercise unilaterally for an extra challenge in stabilizing! 5. Unilateral Cable Chest Press The unilaterally for an extra challenge in stabilizing! 5. Unilateral Cable Chest Press The unilaterally for an extra challenge in stabilizing! 5. Unilateral Cable Chest Press The unitary Chest Press The unitary Chest Press The unitary Chest Press The univer
steps to follow when performing the unilateral cable chest press exercise. Attach a single handle to one of the cable towers at shoulder height. Holding the cable in one hand, take few steps out from the cable machine and step into a split stance with your weight in your front foot. You should have opposite leg forward to the arm that you are using
Start with the cable in your hand, palm facing down and a 90-degree bend in the elbow. Think the start of a chest press position, but single-sided. Whilst keeping your torso still, press the cable forward until your arm reaches full extension then return to starting position - be sure not to allow your arm to go too far back in the eccentric phase. Always
maintain tension on the cable. Repeat all reps on one side before changing sides and don't forget to change your front leg when changing arms. 6. Cable Flat Bench Press The cable flat bench press. Attach a single and don't forget to change your front leg when changing arms. 6. Cable Flat Bench Press The cable flat bench press. Attach a single arms. 6. Cable Flat Bench Press The cable flat bench press.
handle to the bottom of each of the cable towers. Take a handle in each hand and lie on a flat bench in the middle of the cable towers. Your feet should be flat on the floor and your arms in line with your chest. Take your
major and minor (middle, upper) chest muscles. The following are the five steps for exercising your chest muscles with the cable towers. With a handle in each hand, set yourself up on an incline (45-degrees) bench in the middle of the cable towers. Have your feet flat on the
floor and your hands in line with your chest working. Return to starting position slowly without allowing your arms to go too far back and create over-stretching through your deltoids. 8. Cable Iron Cross
Chest Workout The cable iron cross chest workout exercises the four steps below. Attach a single handle to each of the cable iron cross chest workout exercises the four steps below. Attach a single handle to each of the cable iron cross chest workout exercises the four steps below.
should be together and your chest and head upright. Start with your arms out wide either side of you with a slight bend in your elbows, pull the cables downwards to meet close in front of your body with your palms facing each other. You should feel your inner pectoral muscles doing the work at this point. Allow
your arms to go back up to starting position and be sure you are straight and upright before going into your next rep. Pro Tip: Do this exercise with one arm at a time to concentrate on balanced left/right strength. Example Cable Chest Workout' that
you can try out! If there are some of these you haven't performed before, watch the video links provided in the exercise descriptions to give you some extra guidance. The workout below is a general chest workout consisting of 2
exercises each. Each superset is to be done on its own for 3 rounds with 1-minute rest in between each round, before moving onto the next superset. SUPERSET 3 Cable Iron Cross x 12 Exercise Ball Cable Fly x 12 SUPERSET 3 Cable Iron Cross x 12 Low Cable Fly x 12 What Are
the Benefits of Cable Chest Exercises? Below are the five benefits of cable chest exercises and movement, leading to better muscle activation and growth A variety of different exercises and movement patterns to target all areas of the chest The ability to adjust resistance and angles to target different areas
of the chest The ability to work the chest muscles in different planes of motion Can be easily modified for different fitness levels and goals Incorporating, improving overall chest exercises into your chest muscle definition, and balance. These
exercises can also be used to add variety and challenge to your workout routine, preventing boredom and plateaus. Whether you're a beginner or an experienced lifter, cable chest exercises are a powerful tool for chest training. Cable Chest Workout (Conclusion) - Yay or Nay The cable machine is a fantastic workout tool for any part of your body
especially your chest. There are alternatives for all dumbbell and barbell chest exercises that can be done on the cable machine that are just as good, if not better. Doing the exercises provided in this article will give your chest a complete workout, focusing on equal parts on each section of your pectorals for improved performance and aesthetics.
What is your 'go-to' cable chest exercise? Let us know in the comments section below! People photo created by yanalya - www.freepik.com Cables are one of the easiest ways to train your chest. You can perform different kinds of chest exercises with cables. In this article, I will show you a variety of exercises specifically targeting each part of your
chest making it look thick, muscular, and three dimensional which you can apply to your chest day. So read the entire article and don't miss any exercise. After reading this article, you will be able to implement various cable chest
exercises into your workout program. Chest Exercises With Cables This is the easiest way to perform a chest press with cables. You just need a cable machine to perform this. Muscles targeted-Pectoralis major (mostly mid chest) How to do 1. Attach both pulleys in line with your mid-chest. Grab both handles and stand in between the cable machine
with one leg forward stance. 2. Look straight without bending your neck and roll your shoulders back. The angle of your elbow should be similar to the angle of your elbow should be similar to the angle of your elbow should be similar to the angle of a cable i.e if cables are going up during the exercise, your arms while squeezing your chest throughout the movement. Don't
lock your elbows at the end and come slowly back to the starting position. Make sure that your shoulders are retracted and are not coming forward while pressing. This will not engage your front shoulders are retracted and are not coming forward while pressing. This will not engage your front shoulders are retracted and are not coming forward while pressing. This will not engage your front shoulders are retracted and are not coming forward while pressing.
chest. You can create a better mind and muscle connection with cables instead of barbell because it cables puts constant tension on the chest throughout the movement. But that doesn't mean that barbell exercises are bad. Muscles targeted-Pectoralis major (upper chest) how to do 1. Place an incline bench in between the cable fly machine. Attach
both the pulleys down and hold both handles from each hand. 2. Lay down on a bench with your feet back and knees pointing out. Then start pressing up while squeezing your chest up and the shoulders retracted. 3. Focus on your upper chest while pressing up. Bring your arms down to the starting position. Remember not to
overextend your shoulders or go too far down. Your arms should move up in line with the upper chest. Don't lock your elbows at the end. Don't go too heavy on this exercise otherwise, you could injure your shoulders. Another great isolation exercise for the chest! If you want your chest to be in good shape, then this workout is for you. It will make
the machine with one leg forward. 2. Roll your shoulders back and lift your chest. Don't bend too much and maintain the upright position. 3. While maintaining this position, move your arms forward and take them across each other. Both hands should look like a cross. 4. Return to the starting position slow and steadily. Always concentrate on the
muscle you are targeting to hit. Mistakes to avoid Don't roll your shoulders forward. It will engage too much of shoulders which you don't want it when you are targeting to hit. Mistakes to avoid Don't roll your shoulders which you don't want it when you are targeting to hit. Mistakes to avoid Don't roll your shoulders which you don't want it when you are targeting to hit. Mistakes to avoid Don't roll your shoulders which you don't want it when you are targeting to hit. Mistakes to avoid Don't roll your shoulders which you can't handle properly. Choose the weights which you can't handle properly.
the cable towers. Hold the cables and mimic the fly movement. 2. Bring both arms together at the top and contract your chest at the top. Make sure to breathe out on the way up. 3. Slowly return to the starting position and then repeat the exercise. Fly movement is like giving a hug to someone. Mimic that movement and focus on your chest. Don't
overstretch during the negatives. Also, remember to squeeze your chest hard and concentrate on the right muscle. You don't have to lock your elbows at the top to have constant tension on the chest. This is a unilateral movement to hit your chest with cables. Here, your abs and other stabilizer muscles will also get activated making it a more
challenging exercise than the regular bilateral presses. Muscles targeted- pectoralis major (lower and middle pecs) How to do 1. Attach a pulley that is at the shoulder's height. Hold the cables and stand with one leg forward, with most bodyweight on your front legs. 2. Take your shoulder's height position. From here, start
pressing forward like you are punching somebody! You don't have to lock your elbows. 3. Come back slowly to the starting position. Don't overstretch when you return. Set weights that you can handle properly without losing form. Make
 sure that you are also training your chest with dumbbells and barbells to build strength. Muscles targeted- Pectoralis major and minor (mid and lower chest) How to do 1. Attach a pulley at the highest part of a cable tower. Grab a handle from one hand while the other hand on the thighs for support. 2. Stand on a split stance and don't bend too mucl
Your shoulders should be back with your chest and neck upright. 3. Start the exercise by bringing your arms down without bending your back. Maintain the upright position and repeat the movement. Take your hands across the midline of the body to stimulate your
chest more. That's the benefit of this exercise because, in most other exercises, you can't bring your hands passing the midline of the body. Tips-You can also do this exercise in place of other flys which we discussed by using a single arm. Make sure that you don't use to heavyweights on this because it's not meant for that purpose. Muscles targeted
Pectoralis major (inner chest) How to do 1. Attach both pulleys in line with your chest should be placed just below the lower chest and your elbows should be out. 3. Start pushing
your hands forward while keeping your hands together. Don't lock your elbows at the end and squeeze your chest throughout the exercise 4. Return slowly to the starting position. Exhale as you push forward and inhale while you return. You should never use heavyweights in this exercise otherwise you can injure yourself. Also, this exercise is meant
to isolate the muscles and is not a strength-building exercise. It is good to train your weaknesses and to create a better shape. Important notes This is an advanced exercise and without a proper mind and muscle connection, you should not perform this exercise. People just beginning to work out at an intermediate level should stick with the basic
exercises. You can include this exercise in your workout program every once or twice a month. Once you get experience and have built a solid mind and muscle connection, then you can do this exercise or can superset it with cable crossovers
which will be an awesome finisher at the end. Targeted muscles- Pectoralis minor (upper chest) How to do 1. Attach the pulleys at the bottom end of the cable machine. Stand with one leg forward while maintaining a proper balance. 2. Roll your shoulders back and maintain a neutral
spine. Your hands should be down on the sides and this will be your starting position. 3. From the downward position, take your arms up and stop at chest height. Pause for a second and squeezing your chest at the top. 4. Return to the starting position slowly while breathing in and repeat the rep. Your elbows should be in so that you can stimulate
your chest more. Also, it will put your shoulders in a safe position. Mistakes to avoid Don't take your hands too far behind the body. Your chest should be stretched and not your shoulders so don't go too heavy on this! This is a great cable version of pullovers where
you can create a perfect mind and muscle connection. You can feel an amazing pump after this exercise, so try it out! Muscles targeted- Pectoralis major (mid and upper chest) How to do 1. Place a bench fixed at a decline angle at about 2 feet apart from the cable machine and attach a rope at a lower pulley of the cable machine. 2. Hold both ends of
the rope and lay down on a bench and this will be your starting position. 3. While keeping your elbows slightly bent, take your hands up toward the starting position and then repeat the movement. While performing this exercise
make sure that you are squeezing your chest harder during the concentric phase and keep your elbows in on the way up. This is an advanced exercise which will be a great exercise which wi
but also the shape and definition of your chest. Muscles Targeted- Pectoralis major and minor How to do 1. Place an exercise on the floor in between the cable machine and go down onto the knuckle push-up position on the mat. Here your body should be
straight and your hips and stomach should not go down. 3. While keeping your abs tight and hips engaged, lower your body down and stop until your chest is just above the floor. 4. Push your body up and back to the starting position and then bring your knuckles down to
the starting position. Do the same and this time, bring the other hand up. Make sure that you set lighter weights for this exercise because it an advanced movement that requires a lot of stability and balance. There is a great chance of injury if not done properly, so beginners should stick with the basic exercises and should avoid this. All these chest
exercises with cables which we discussed above are never complete without a proper workout program. So here we go! Chest Workout With Cables Do cable incline press 3 sets of 15 reps. Use light weights and just feel the muscle. Don't fatigue the muscle. Just get the blood flow into your chest for the main set. 1. Cable bench press - 4 sets of 12
reps 2. Cable incline press + Flat cable flyes (superset) - Do 3 sets of 15 reps each. Combine both exercises together. Take 1-2 minutes of rest in between 3. Cable crossovers after some time (after
8 weeks) 4. Low cable flyes + close grip cable press. Do 3 sets of 20 reps. Use light weights on this. Low cable flyes and close grip cable press and do a regular set of low cable flyes. It is always recommended to consult with your physician or other
health care professionals before starting any exercises. Conclusion So here we are, at the end part of this article. I will recommend you to add those exercises into your chest day. You will see great results from it. Also remember that cable exercises are good, but is incomplete without those compound exercises like bench press, push ups and many
other exercises done with dumbbells and barbells. Cables will help in shaping your chest but you cannot ignore those basic exercises like the bench press. If I missed any exercise, then please let me know in the comment section below. MUST READ- Roshan Pillai is an ACSM Certified Personal Trainer with more than 6 years of experience in lifting
weights and guiding people to get fit. He has worked as a personal trainer in gyms and is the owner and editor of fitnessproworkout.com. He is passionate about fitness proworkout trainer in gyms and is the owner and editor of fitnessproworkout.com. He is passionate about fitness and helping people to get in shape. Have you ever been in the gym, endlessly pushing that barbell up the incline without seeing your chest blossom? It's something that a lot of gym
bunnies struggle with: grinding away at the bench press, yet those Arnold-esque pecs remain more elusive than a free bench on Monday mornings. But, there's still hope and it comes in the form of the best cable chest exercises, targeting your muscles with a level of precision that'll leave
free weights feeling jealous. Ready to cable fly Low to high cable
the shoulders The middle cable fly is a staple in the cable chest workout routines of many fitness enthusiasts, as it's said by many to be quite effective in defining the middle chest. The cable fly helps in balancing the muscles within the muscle group.
The middle cable fly allows for a greater area of motion which can enhance your muscles' flexibility and strength. The cable fly does a good job of isolating the pectoral muscles, making it a great choice for targeted muscle growth. When set up correctly, the cable fly puts a lot less strain on the shoulder joints compared to free weights, which is why
it's a safer option for those with shoulder issues. Position the cables at the middle height, attach d-handles to each cable, and select an appropriate weight stack with relative resistance. Stand in the center of the cable machine, slightly forward of the pulley line. Keep your core tight, arms outstretched and
angled slightly back, palms facing forward. Place your feet symmetrically with your feet shoulder-width apart or adopt an asymmetrical stance for better balance. With a moderate bend at the elbows, squeeze your chest to bring your arms together in front of your body at the nipple line. This should happen over 1-2 seconds while exhaling. Keep your
body stationary as your arms draw a large arc from the shoulder joint. When the cables meet in the middle, pause and squeeze for a second. Slowly return to the start position while inhaling, keeping a slight bend in your elbows. Hit the desired number of reps and sets. Pro tip: This exercise can either be performed seated or standing. Both have a
similar effect but many find the seated version to be a lot more stable, as it takes balancing out of the equation. Watch the video below to get a good idea of how you need to perform this exercise: Mid-Cable Chest Fly | Proper Technique & Common Mistakes Targets the lower chest Improves core stability Strengthens the pushing muscles This cable
exercise is good for targeting the lower chest muscles which can be highly beneficial for building a well-rounded chest. Because you have to maintain your triceps and shoulders. Position the cables above
shoulder height, attach d-handles to each cable, and then choose an appropriate weight. Stand in the middle of the machine, facing away from it. Grab the d-handles, pronated or palms facing down. Lean forward a little, keeping your back straight and core tight. With a slight bend in your elbows, bring your hands down and together in front of your
waist for 1-2 seconds while exhaling. Squeeze your pecs as your hands meet at the lowest point. Slowly return to the start position while breathing in. Keep your elbows slightly bent while doing this. Perform the desired number of reps and sets. Ensure you maintain form and control throughout the exercise. Pro tip: if you plan on doing this exercise
with a particularly high weight, make it easier to set up by grabbing one d-handle with both hands first. You can then use your body weight and the weight from the stack to grab the other d-handle easily. If you're still confused about how to perform this exercise, then here's a reliable visual guide to break it down for you: How to: Cable Fly for Lower
Chest (High to Low) Targets the upper chest Natural range of motion Customizable intensity Helps with shoulder mobility The upper chest muscle fibers can be guite stubborn to develop for some. Thankfully, this exercise helps specifically target the upper chest which is crucial for complete chest development. Low to high cable flys the line of pull
and action of the clavicular pectoralis. This means that the movement is natural and is thus a lot less risky. Like most cable chest exercises, you can easily adjust the weight or position of the cables to make their workout more suitable or challenging for you. Anecdotal evidence suggests that this exercise can be helpful in improving shoulder mobility
for some people. Adjust the cables so that they're at the lowest position and attach d-handles. After that, select an appropriate weight that ensures your form and control are proper throughout the exercise. Stand in the center of the cable machine with your palms facing up. Lean forward slightly while keeping
your core muscles engaged and your back tight. With a slight bend in your elbows, bring your hands meet at the highest point. Return to the starting position slowly while inhaling. Keep your elbows slightly
bent while doing so. Do your target number of repetitions and sets. Every now and again, people get exercises wrong and there's no shame in that. The only problem is that improper form could put you at risk of injury or simply hinder your progress. So, here's a handy instructional video on how to do low to high cable flys: How To - Low To High Cable
Fly Mimics bench press movement Adaptable for different variations The cable bench press is essentially a variation of the standard barbell flat bench press or have accessibility issues with it. Gives you the option of variations such as the standing cable chest press
and the seated cable chest press. Besides keeping things interesting, switching between these variations can help you find the one for you that maximizes muscle engagement. Adjust the cables to chest height, attach d-handles, and select a manageable weight on the weight stack. Stand in the middle of the machine with your back facing it if
performing the standing version or sit down in the middle if performing the seated variation. Once you're in position, grab the handles with your palms facing down. Push the handles forward by extending your arms, keeping your chest
muscles. Slowly bring your hands back to the starting position. While doing this, maintain control to keep tension on your chest. Do the desired number of sets and repsCheck out this video from the Buff Dudes. It does a good job of summing up the form and techniques needed to perform the cable bench press. Plus, they're just a joy to watch: How to
Perform Cable Chest Press - Killer Upper Chest Exercise Targets the upper chest Exercise Targets T
under tension for better gain. The cable incline bench press offers a safer alternative to the barbell incline bench press and dumbbell incline bench press, reducing the risk of joint pain. Position the incline bench press and dumbbell incline bench press, reducing the risk of joint pain. Position the incline bench press and dumbbell incline bench press and dumbbell incline bench press.
them as low as possible. Select the desired weight. Sit on the bench and grasp one handle at a time. Lay back with the handles at chest height, maintaining a slight bend in your elbows. Press the handles to lockout while flexing the pecs and extending the elbows. Avoid locking out the elbows entirely to keep the tension on your pecs. Slowly lower the
cables back to the starting position. Make sure your shoulder blades are slightly retracted while doing this. Perform the target amount of reps, avoiding excessive arching of the back and keeping some tension in your abs. Sometimes, it's best to see the exercise being performed before jumping into it yourself. Have a look at this to-the-point video
from the Muscle Mentors which demonstrates it perfectly. Controlled movement Compound exercise Allows for a lot more controlled movement compound chest exercises, effectively targeting the chest, back, and arm muscles in a
single movement, giving you comprehensive muscular development. Place a flat bench lengthways in front of a cable machine, ensuring there is around 2-3 feet of space between the bench on your back with your head near the
end closest to the cable machine. Grab the straight bar with an overhand grip, palms facing towards you. Keeping your arms straight, slowly pull your hands up and across the top of the movement. Lower the weight back to the starting position in a controlled
motion. Perform the target number of reps and sets. The lying Cable Pullover is another one of those chest exercises that people tend to get wrong. Watch this video to make sure you're doing it right: Lying Cable Pullover | The Fitness Maverick Online Coaching Single cable chest exercises are great for correcting muscular imbalances or simply
getting in a solid workout with limited equipment. Unilateral training Focused muscle activation Intermediate cable chest workout This exercise can help with correcting muscular imbalances by individually targeting each side of your chest. Allows for concentrated effort on one side of the chest at a time, leading to better muscle activation. Because
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this exercise is a little bit more challenging, it can be a useful tool for advanced lifters who have hit a plateau. Position the cable machine, feet shoulder-width apart for stability. Grasp the handle with the hand closest to the machine. Press the handle forward until your arm is fully extended, focusing on engaging your chest muscles. Pause briefly at full extension, squeezing the chest muscles. Bring the handles back to the starting position slowly. Do however many reps and sets you're aiming for before switching to the other arm and repeating the steps above for it. Cable machine exercises can be tricky, so check out this instructional video which shows you the optimal way to perform the one-arm cable chest press: How to do the Single Arm Cable chest workouts, are powerful tools for building strength and muscle. In fact, they're one of the best gym machines for the chest. Still not convinced? Here are five key benefits: Safety is important for both beginners and pros. Luckily, cable exercises are less likely to be executed with poor form compared to free weights, reducing the risk of injury. They give you a controlled environment to execute movements accurately. Cable machines are the chameleons of the gym, adapting to a wide variety of exercises as needed. This is a huge bonus when it comes to ensuring your training is targeted. Whether it's standing cable pullover, these machines offer a variety of options to work different muscle groups with precision. Unlike free weights, cable machines maintain constant tension throughout the exercise, ensuring your muscles are engaged at all times. This is a good thing as studies have indicated that greater time under tension leads to higher levels of muscle protein synthesis. These machines typically, or can be adjusted to, mimic real-life movement patterns which can help enhance functional strength. Apart from chest pressing, these machines are excellent for exercises involving lunging, squatting, and twisting, in turn improving balance and coordination. Cable pulley machines are a lot gentler on your joints. They take the stress off the stabilizing muscles and joints that you'll normally use during compound barbell movements. The chest isn't just about looking good; there's a lot more to it than you might think. You'll find a few muscles that work together to give you that powerful upper body strength and to help with a variety of upper body movements. Here's a closer look at the pectoral muscles... As the name suggests, the pectoralis major is the main attraction. It's a large fan-shaped muscle that spans across the chest, starting from the sternum and clavicle, and then inserting into the humerus. It's responsible for movements like flexing and rotating the arm. When you're bench pressing, it's the pectoralis major, doing the heavy lifting. The pectoralis minor can be found underneath the pectoralis major. It's a smaller muscle but it plays an important role in movements like scapular depression and protraction, as it extends from the ribs to the scapula. Think of it as the unsung hero that stabilizes your shoulder blades during those intense cable workout sessions. Last but not least, we have the scapula attaches from the upper ribs to the scapula. It's vital for the upward rotation of the arm and helps maintain a strong posture. When you're doing cable flys, the serratus anterior is working with your pecs for that perfect motion. Start to familiarize yourself with these muscles. Trust us, it'll help you a lot when it comes to targeting your workouts more effectively. How often should chest be trained? Like a well-oiled machine, your muscles (chest, in this case) need regular tuning, but not excessively. According to studies, hitting your chest exercises are kind of like the Swiss Army Knife of your workout routine: versatile and effective. They offer an area of motion that barbells can't replicate and keep your muscles under constant tension, which helps with growth. Plus, cable chest exercises are usually safer for beginners, as their fixed paths reduce the risk of injury. Are cables better than dumbbells for chest? Cables vs dumbbells is like comparing apples and oranges - both have unique benefits. A cable chest workout experience. Is there an ideal rep range for chest training? Most would agree that the ideal rep range for chest training would be 6-12 reps, as it's not too heavy or too light for accumulating volume effectively. It also balances tension on the muscles with manageable joint stress and metabolic fatigue. But, it's still important to see how your body responds to different rep ranges, in line with your goals. What intensity is optimal for chest hypertrophy? According to research, if hypertrophy is your objective, then a moderate rep scheme with moderate loads (8 to 12 reps per set with 60-80% of your 1-rep max) optimizes hypertrophic gains. Remember that although training is important, diet also plays a very important role in maximizing muscle growth. Kyle Risley founded Lift Vault in 2016 to make finding great powerlifting programs easier. Since then, the site has grown to include hundreds of programs for strength, bodybuilding, Olympic weightlifting, and more. He currently lives in Massachusetts and continues to compete in powerlifting.

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