

Cable Crossover

Standing bilateral cable crossover with shoulder-level pulleys

Key positions



1. Open position with soft elbows



2. Bring the arms together with a steady torso

Muscles worked

Main muscles

- Pectoralis major brings the upper arms inward in front of the body.

Supporting muscles

- Anterior deltoids assist the forward movement of the upper arms.
- Serratus anterior and other shoulder-blade muscles, plus the trunk, support control and posture.

What makes it useful

Train the chest by bringing both arms inward against two cables set near shoulder level. Control both the closing movement and the opening return.

Movement & technique

Cable Crossover | Keep a steady stance, close the arms and return slowly.

Before you start

Set both pulleys near shoulder level with single handles and a manageable load. Check cables and clips, and secure the pulley adjustments and weight pins before use.

1 Grip the handles and set the stance

Hold one handle in each hand and step slightly forward between the towers. Use a stable staggered stance with soft knees. Brace your trunk and lean forward slightly, keeping your spine and neck aligned.

2 Set the open position

Open the arms with a small elbow bend and wrists in line with the forearms. Keep shoulders away from the ears. Choose a comfortable start without forcing the upper arms behind the torso.

3 Bring the arms inward in an arc

Exhale and bring both arms inward in an arc in front of the chest. Keep a similar elbow bend and a steady torso. A small crossover is optional; alternate which arm passes above without forcing a deep cross or striking the handles.

4 Open slowly and return

Pause briefly, then inhale and open the arms slowly. Keep the stance and torso steady rather than letting the stacks pull the arms back. Return to the comfortable start and repeat without a bounce.

Form reminders

- Move the upper arms inward rather than turning the fly into a press. Keep wrists aligned.
- Allow natural shoulder-blade movement while keeping the shoulders relaxed, trunk steady and feet stable.
- Avoid forcing a deep backward stretch or a large hand crossover beyond the midline.

Finish safely

- Finish by returning the load under control and letting the stacks settle before releasing the handles. Do not adjust pins or pulley height with the load raised.
- Stop for pain. Reduce the load or range if the feet move, the torso sways or the opening return cannot be controlled.

References

1. NASM: Cable Crossover (selected reference) (www.youtube.com)
2. ACE: Standing Chest Fly (www.acefitness.org)
3. Life Fitness: Cable Motion manual (equipment checks) (www.lifefitness.com.au)