

# *Personal Training by Robert J. Bovee*

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## **BENT-OVER CABLE CROSSOVER**

**A. Emphasis.** The primary muscles stressed in this movement are the chest muscles (pectoralis major and minor). The secondary muscles are the shoulders and triceps.

**B. Starting Position.** Place the pulleys of the cable machine slightly higher than your chest. Grab the handles of the two pulleys with a pronated grip (palms down). Step forward approximately **2** feet in front of the pulleys. Lean forward to a position where the cables are in line with your chest muscles. Push your chest out and squeeze your shoulder blades together. This will help to isolate your chest muscles. Place your feet with one foot in front of the other. Pull the handles down to a position where your elbows are in line with your shoulders, keeping a slight bend in your elbows.

**C. Movement.** Push your arms down and in until your hands are extended out in front of you about **1"** apart. Contract your chest muscles hard during this movement. Keeping a slight bend in your elbows, take **2** to **3** seconds to return your arms to the starting position.

### **D. Training Tips.**

- 1) To get the most out of this movement slightly cross your hands in front of you without over extending your shoulders

### **E. Options.**

- 1) By varying the angle of your upper body to the floor you can target different sections of the chest (upper, lower or middle).

### **F. Warning Tips.**

- 1) **Do not** overextend your shoulders when pulling your arms down. Failure to do so can result in serious injury to your shoulders.
- 2) **Do not** return your arms to the starting position any faster than **2** to **3**seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.