



STANDING CABLE ROW

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



SEATED CABLE ROW

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



STANDING CABLE PULL-OVER

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
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- Can be performed with a standing or kneeling position.



SEATED CABLE PULL-OVER

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



STANDING CABLE CHEST PRESS

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



SEATED CABLE CHEST PRESS

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



STANDING CABLE SHOULDER PRESS

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



SEATED CABLE SHOULDER PRESS

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



STANDING CABLE LAT PULL-DOWN

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



SEATED CABLE LAT PULL-DOWN

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



STANDING CABLE TRICEPS PRESS

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



SEATED CABLE TRICEPS PRESS

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



STANDING CABLE BICEP CURL

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



SEATED CABLE BICEP CURL

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



STANDING CABLE FRONT RAISE

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



SEATED CABLE FRONT RAISE

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



STANDING CABLE REAR RAISE

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



SEATED CABLE REAR RAISE

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



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Raffaela Di Napoli

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