

UPWARD CABLE WOODCHOPPERS



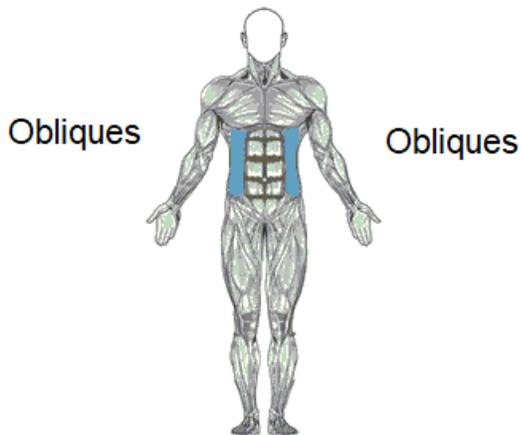
1. Attach a **Single Arm Grip** to the lowest point of a pulley machine or a cross cable machine then select your desired resistance to be used. Stand about an arm's length away with the pulley facing your right side, and make sure you stand far enough that your arms can be fully extended while kept under constant tension once you've grabbed the arm grip with both hands.
2. Grasp the arm grip with both your hands firm on top of each other, with your right foot pointing forward and your left foot pointing away from the pulley. The space between your feet should be about an arm's length. Both your arms should be fully extended with your elbows locked throughout the entire movement. This will be your starting position.
3. In a smooth & controlled fashion, engage your right side obliques & core muscles to pull the arm grip all the way up and across your body in a vertical semicircular motion until your arms are fully extended with the arm grip at your top left side. Keep your torso straight and your arms close to your body as you pivot your back foot and straighten your legs to execute a full range of motion. Your head should be facing your hands holding the arm grip throughout the entire movement so that your arms and your head are rotating together as one unit.
4. Slowly return the arm grip back down to it's starting position using the same motion you've use to pull it up in, while keeping your right side obliques & core muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.
6. Switch sides and legs positions then repeat the same exact motion for the same recommended amount of repetitions.

CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any core (abdominals or lower back) and/or shoulders injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your obliques & core muscles -as it should- instead of having you rely on your arms & shoulders to perform this exercise. Lower down the weight resistance setting if you ever felt that your arms and/or shoulders are being more engaged than your obliques & core muscles -which should be the main muscle groups you're targeting.

ALTERNATIVE EXERCISES: [Dumbbell Woodchoppers](#) / [Plate Woodchoppers](#) / [Decline Bench Russian Twists](#)

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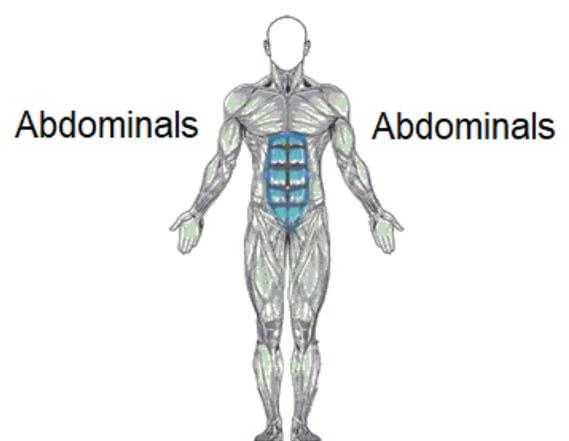
PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLE



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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