

# DECLINE CABLE PRESS



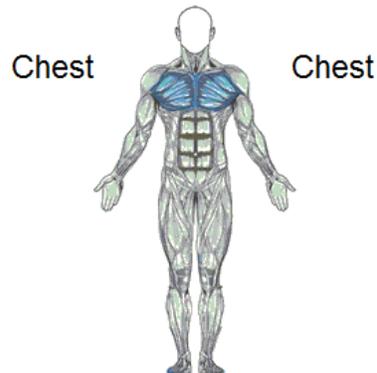
1. To move into your starting position: Place the two sides of a pulley machine at their highest position then attach a **Single Arm Grip** to each side. Select your desired resistance to be used then grasp the two arm grips with one in each hand.
2. Step forward with your right leg and your knee half bent. Your left leg should be extended just a couple of feet behind you as you lean forward with your torso. Make sure to leave enough space between yourself and the pulley machine so that your chest is kept under constant tension while performing this exercise. Grab both arm grips in an overhand grip with the palms of your hands facing down, and your arms bent in a 90-degree angle with your elbows pointing up. This will be your starting position.
3. Use your chest muscles to press both arm grips downwards and forwards towards the midline of your body until your hands come together right in the middle at your front, with your thumbs right next to each other and while being on the same level as your chest.
4. After a brief pause, slowly return your arms back up to their starting position in the same fashion you've used to push them down in, and while keeping your chest muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** NEVER use a heavy weight setting when performing this exercise to avoid getting any shoulders and/or back injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your chest muscles -as it should- instead of having you rely on your arms to perform this exercise. Lower down the weight resistance if you ever felt that your arms are being more engaged than your chest muscles -which should be the main muscle group you're targeting. It is normal for you to feel a slight burn in your forearms due to the effort being done to keep holding onto the arm grips the entire time while performing this exercise. This is also a balance and coordination exercise so it's normal for you to feel your core and legs muscles also getting engaged while performing this exercise.

**ALTERNATIVE EXERCISES:** [Flat Bench Dumbbell Press](#) / [Flat Bench Press](#) / [Machine Lying Chest Press](#) / [Proper Push-Ups](#)

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## PRIMARY MUSCLE

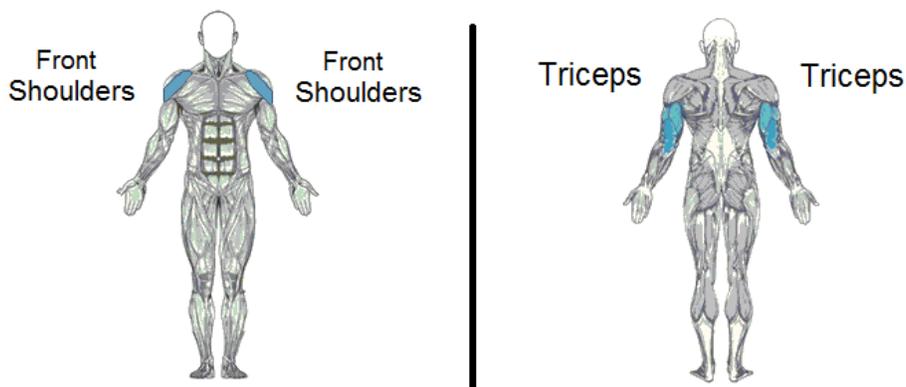


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

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

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## SECONDARY MUSCLES



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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