

# HORIZONTAL CABLE FLYS



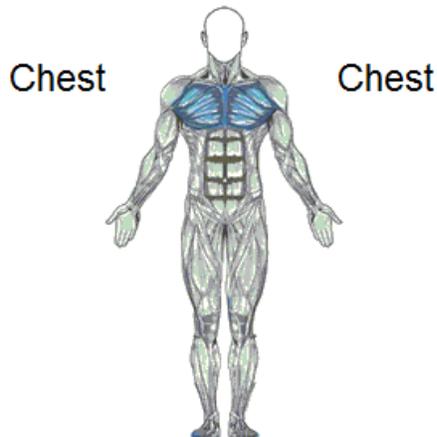
1. To move into your starting position: Place the two sides of a pulley machine at a medium level in which the cables are aligned with the same horizontal level as your chest level (nipple line) then attach a **Single Arm Grip** to each side. Select your desired resistance to be used then grasp the two 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. 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. Your hands placement should be slightly behind your torso's vertical axis when you grab both arm grips. The palms of your hands should be facing forward with your arms slightly bent at the elbows, and are kept on the same horizontal level as your chest. This will be your starting position.
3. While maintaining a slight bent in your arms, use your chest muscles to draw your hands forwards and towards the midline of your body and keep going until your hands come together right in the middle at your front with your palms facing each other, and while being on the same level as your chest.
4. After a brief pause, slowly return your arms back to their starting position in the same fashion you've used to pull them forward 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.

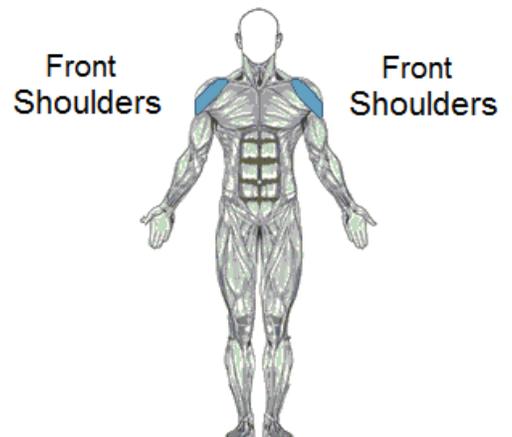
**ALTERNATIVE EXERCISES:** [Flat Bench Dumbbell Flys](#) / [Machine Chest Flys](#) / [Machine Assisted Dips](#)

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## PRIMARY MUSCLE



## SECONDARY 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.

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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