

EXERCISE

Cable Chest Fly

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called the cable chest fly. It's an upper body exercise working primarily the chest muscles.

Once the client is ready, they're taking the handles, bringing them into the centre - elbows staying nice and tight to the sides of the body. From there, taking a nice, big firm step forward, and then press the hands away from the body, keeping a slightly soft elbow.

The client is then going to move their arms out to the side, feeling that stretch in the chest, and then squeezing inwards towards the centre - keeping the same structure with the arms.

Focus points here: make sure that they're going nice and wide, getting a full stretch on the chest, and then a full extension squeezing into the centre. Imagine maybe like you're trying to crush a grape in the middle of the chest.

Do two more for me, Dom. And last one.

Once the client is ready to finish they bring their elbows into the side of the body and then step back. Take the cable back to the starting position and relax.

Main Muscles Involved

- Pectorals
- Deltoids
- Triceps
- Core muscles

