

## Ruby Ang's Recommended Workout for the Free Motion Cable Cross Machine

Exercise	Weight	
	M	F
Legs		
Squats	40	20
Leg Extension	20	10
Leg Curl	20	10
Glute Extension	20	10
Hip Abduction	20	10
Back		
Standing Lat Pulldown	50	35
Standing or Seated Row	40	30
Straight Arm Lat Pulldown	25	15
Chest		
Standing Chest Press	30	20
Standing Fly	20	10
Shoulders		
Standing Shoulder Press	20	10
Lateral Raise	10	5
Biceps		
Curls	25	10
Triceps		
Pulldowns	20	10



## Squat (Free Motion)

**Difficulty Level :** Beginner ◆

**Muscle Group (s) :** Legs

**Modality :** Strength

**Equipment :** Free Motion

**Benefits :**

- Integrated total body training with an emphasis on Glute and Quadriceps and emphasis on core conditioning for strength and improved function with secondary shoulder involvement.

**Pre-Requisites :**

**Preparation :**

- Adjust cable arms as shown and select low starting weight.
- Grasp handles and stand in a stable squat stance position as shown.
- Using a barbell grip, align the wrist and elbows as shown for start position.

**Movement :**

- Brace Spine by drawing your lower abdomen in.
- Maintaining proper posture, start movement by bending at the knees to a finished position of 90 degrees as shown.
- Check alignment and positioning and repeat press.
- It is important not to let your back arch at any time during the movement.
- Keep feet flat on the floor to maintain balance and stability.
- Keep knees in alignment with toes during squat and since weight is very light OK for knees to go over slightly over toes.



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## Leg Curl - Standing (Free Motion)

**Difficulty Level :** Beginner ◆

**Muscle Group (s) :** Legs

**Modality :** Strength

**Equipment :** Free Motion

**Benefits :**

- Integrated total body training with an emphasis on hamstring and core conditioning for strength and improved function.

**Pre-Requisites :**

**Preparation :**

- Adjust cable arm attach hammy strap as shown.
- Grasp bar on Cable Cross to help maintain balance and insert foot into hammy strap as shown.
- Assume start position as shown.

**Movement :**

- Brace Spine by drawing your lower abdomen in.
- Maintaining proper posture, start movement by curling you leg to 90 degree position as shown.
- Check alignment and positioning and repeat press.
- It is important not to let your back arch at any time during the movement.
- Keep upper Leg as stable as possible.
- Keep other foot flat on the floor and slight bend in knee to maintain balance and stability.
- **Progression:** Curl Lower leg in various planes of motion. Alternate legs.



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## Leg Extension - Standing (Free Motion)

**Difficulty Level :** Beginner ◆

**Muscle Group** Legs  
(s) :

**Modality :** Strength  
Stability

**Equipment :** Free Motion

### Benefits :

- Integrated total body training with an emphasis on the quadriceps and core conditioning for strength and improved function with secondary hip flexor involvement.

### Pre-Requisites :

### Preparation :

- Adjust one cable arm as shown and attach quad strap accessory and select a very low starting weight.
- Grasp bar on Cable Cross to help maintain balance and insert foot into quad strap as shown.
- Draw your thigh slightly forward and maintain position for exercise.

### Movement :

- Brace Spine by drawing your lower abdomen in.
- Maintaining proper posture, start movement by extending the lower leg to full extension as shown.
- Check alignment and positioning and repeat press.
- It is important not to let your back arch at any time during the movement.
- If foot kicks floor during extension, elevate your thigh.
- Keep other foot flat on the floor and slight bend in knee to maintain balance and stability.
- **Progression:** Extend Lower leg in various planes of motion. Alternate legs.



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## Chest Press - Standing (Free Motion)

**Difficulty Level :** Beginner ◆

**Muscle Group** Chest  
(s) :

**Modality :** Strength

**Equipment :** Free Motion

### Benefits :

- Integrated total body training with an emphasis on chest and core conditioning for strength and improved function with secondary shoulder and triceps involvement.

### Pre-Requisites :

### Preparation :

- Adjust cable arms as shown.
- Stand in a stable staggered stance position.
- Using a barbell grip, align the wrist and elbows as shown for start position.

### Movement :

- Brace Spine by drawing your lower abdomen in.
- Maintaining proper posture, start movement by pressing hands together.
- Check alignment and positioning and repeat press.
- It is important not to let your back arch at any time during the movement.
- Keep arm in alignment with the cable as shown.
- Keep feet flat on the floor and slight bend in knees to maintain balance and stability.
- Variation: Try various grip positions, Alternating arms.



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## Cable Fly on SB

**Difficulty Level :** Intermediate ◆

**Muscle Group** Chest

**(s) :**

**Modality :** Strength  
Stability

**Equipment :** Free Motion  
Cable

**Benefits :**

**Pre-Requisites :**

**Preparation :**

- Adjust cable arms as depicted.
- Grasp the cable handles and sit on the ball.
- Slowly roll down the ball while comfortably placing your head and neck on the ball with both feet STRAIGHT ahead.
- Lift your hips up until they are in line with your knees and shoulders.
- Position cable handles perpendicular to ceiling (straight up).

**Movement :**

- Brace the spine by drawing your lower abdomen inward.
- Squeeze glutes and perform "fly" movement.
- Only move as far as you can maintain balance and core stability.
- Perform repetitions SLOWLY (4-2-2) to enhance stabilization strength.
- It is important NOT to let your back arch at any time during the movement.
- Do not allow knees to "jet" forward.
- Your feet must stay straight ahead.
- The pelvis should remain stable throughout the entire exercise.
- Maintain glute activity throughout the entire exercise.



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## Shoulder Press - Standing Cable (Free Motion)

**Difficulty Level :** Beginner ◆

**Muscle Group** Shoulders  
(s) :

**Modality :** Strength

**Equipment :** Free Motion

**Benefits :**

- Integrated total body training with an emphasis on shoulder and core conditioning for strength and improved function with secondary triceps and lower body involvement.

**Pre-Requisites :**

**Preparation :**

- Stand with feet approximately shoulder width apart and knees slightly bent.
- Elbows out to the side in line with shoulders.
- Using a neutral grip, align the wrist and hands above elbows.

**Movement :**

- Brace Spine by drawing your lower abdomen in.
- Maintaining proper posture, start movement by pressing hands straight upward above the head.
- Check alignment and positioning and repeat press.
- It is important not to let your back arch at any time during the movement.
- Keep body weight centered and feet flat on the floor to maintain balance and stability.



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## Bicep Curl - Standing on Core Board (Free Motion)

**Difficulty Level :** Beginner ◆

**Muscle Group** Arms  
(s) :

**Modality :** Strength

**Equipment :** Free Motion

**Benefits :**

- Integrated total body training with an emphasis on biceps and extra emphasis on core conditioning with CoreBoard for strength and improved function with secondary shoulder and forearm involvement.

**Pre-Requisites :**

**Preparation :**

- Adjust cable arms and CoreBoard as shown.
- Grasp handles and stand on CoreBoard in a stable squat stance position facing out.
- Using a barbell grip, align the wrist and start with elbows slightly bent.

**Movement :**

- With knees slightly bent, brace spine by drawing your lower abdomen in.
- Maintaining proper posture, start movement by bending at the elbow to a finished position as shown.
- Check alignment and positioning and repeat press.
- Keep humerus (Upper Arm) always at your side.
- Keep feet flat on the CoreBoard and allow knees to flex to maintain balance and stability.
- Variations: Try various grip positions, Alternating arms, Facing Cable Cross.



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