Cable Crossover Chest Fly

Select weight on each weight stack of the Cable Crossover machine. Attach the single handles to each of the high pulleys. Take a staggered stance with one foot forward. Turn your palms facing forward as shown.

Exhale and slowly bring your hands together. Aim the motion slightly downward as a continuation of the line of the cables. Inhale and slowly return the weight back to the starting position. Be careful not to overstretch your shoulders.