

Cable Wood Chop

Step 1

Assume a half kneeling position next to a cable machine. Have the knee closest to the machine up and the cable at full height. Try to have your legs in a narrow line to challenge your balance.

Step 2

Using two hands, pull the cable in a direct line to your opposite hip. Do not twist your body or bend at the waist. Keep your spine neutral. You should set the weight so that you can just complete 10 reps without losing form. Do 1 extra set on the weaker side

