

Cable Woodchop

Exercise Purpose:

To strengthen your oblique muscles
(in a functional position)



Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=1951>

Key Points:

- Attach the cable above shoulder height
- Stand side-on to the cable machine with your knees bent
- Grip the cable with your right hand on the bottom and left hand placed over the top of your right. Right elbow only slightly bent
- Think about your right oblique muscles and squeeze them before you begin to pull the cable down and across the front of your body
- Pull the cable down until it reaches your right shorts pocket. The angle of the pull should be 45 degrees in front of you
- Keep your hips and shoulders facing forward throughout

*A common mistake is to hitch your right shoulder up towards the ceiling or rotate your hips too much throughout the pull phase

- Keep your hips square throughout however allow for some mid back rotation to occur throughout
- Then slowly return to the starting position.
- Breathe out when you pull down and breathe in as you return

*If you know how to then gently draw in your deep stomach muscles at the beginning of this exercise and keep them drawn in throughout