

Client

PhysioTrain Resources

Practitioner

Cillian Quirke

Program Name

Cable Beginners

Time Period

27 Jul 2023 - Ongoing

How Often

Whenever

When

Any time

You have 6 exercises

1

Single arm back row in split stance (cable)

10 reps 60 seconds rest 3 sets 1kg cable

2

Lunge to single arm chest press (cable)

10 reps 60 seconds rest 3 sets 1kg cable

3

Cable oblique twists in standing

10 reps 60 seconds rest 3 sets 1kg cable

4

Squat to back row (cable)

10 reps 60 seconds rest 3 sets 1kg cable

5

Pallof press in standing

10 reps 60 seconds rest 3 sets Yellow exercise band

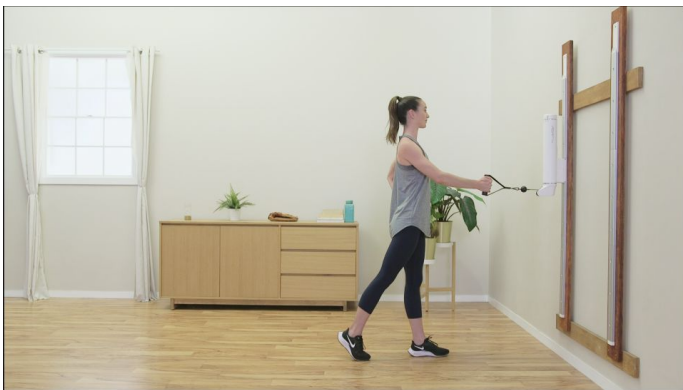
6 Pallof press in standing

10 reps 60 seconds rest 3 sets Yellow exercise band

1

Single arm back row in split stance (cable)

10 reps 60 seconds rest 3 sets 1kg cable

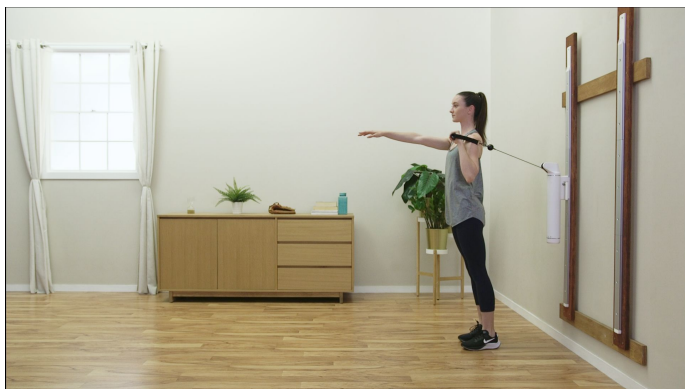
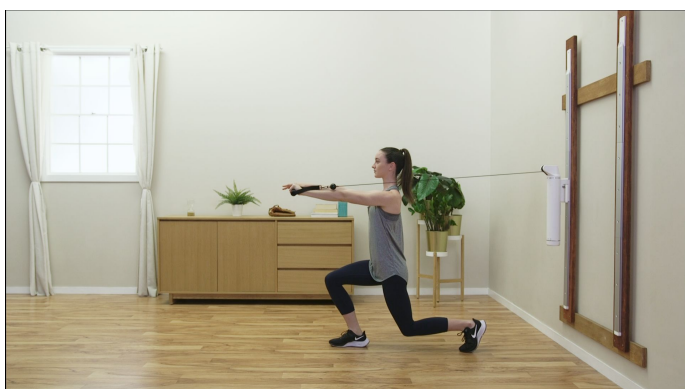


How to perform

1. The cable attachment should be in front of you.
2. Keeping your chest tall, draw your elbow past your side.
3. Then extend your arm forward to complete the exercise.
4. Remember to focus on squeezing through your shoulder blade throughout the exercise.

2 Lunge to single arm chest press (cable)

10 reps 60 seconds rest 3 sets 1kg cable



How to perform

1. The cable attachment should be behind you and in line with your arm.
2. Keeping your chest tall, step forward and lower your knee towards the ground, and extend your arm forwards in front of your chest.
3. Then bring your arm in and stand up to complete the exercise.
4. Remember to avoid locking out your elbow throughout the exercise.

3

Cable oblique twists in standing

10 reps 60 seconds rest 3 sets 1kg cable

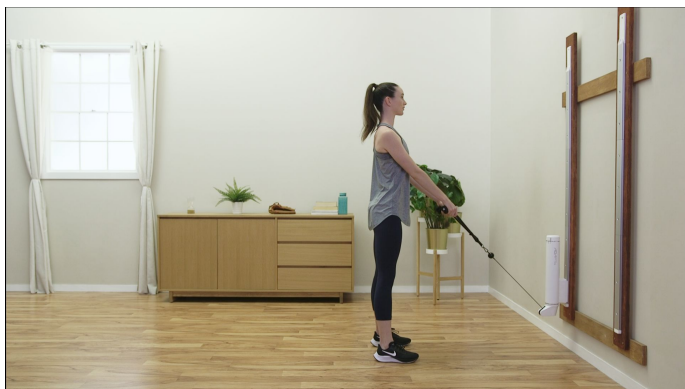
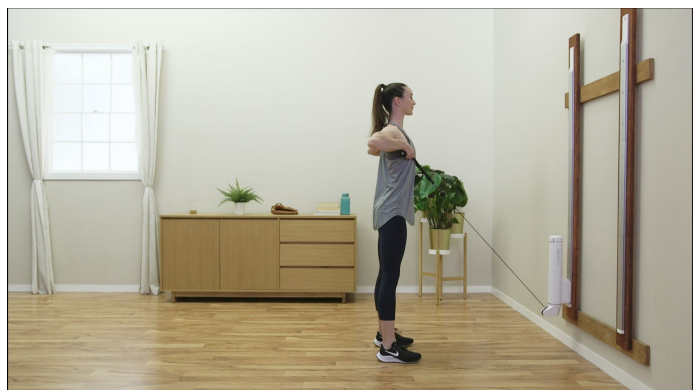
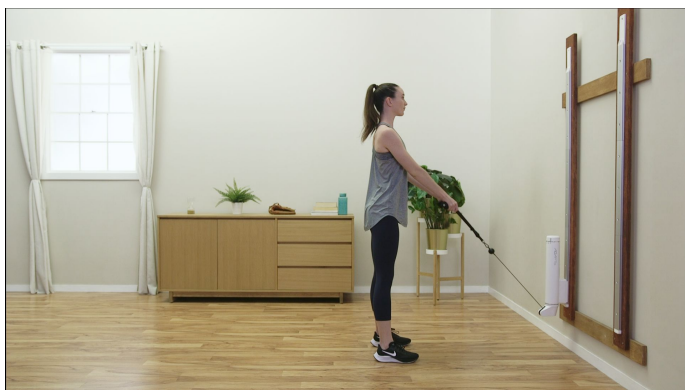
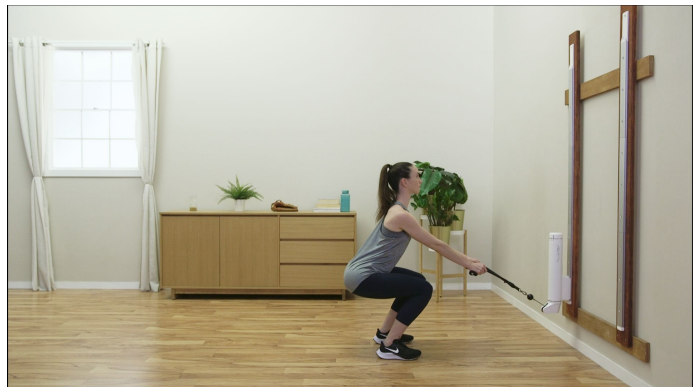
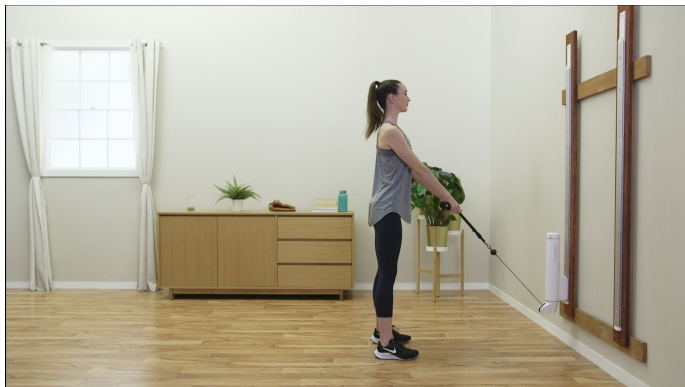


How to perform

1. The cable attachment should be in line with your elbow.
2. Twist your body towards the handle and place your other hand on the handle.
3. Keeping your elbows slightly bent, twist your upper body away from the cable attachment, then rotate back towards the cable attachment to complete the exercise.
4. Remember to avoid locking out your elbows throughout the exercise.

4 Squat to back row (cable)

10 reps 60 seconds rest 3 sets 1kg cable



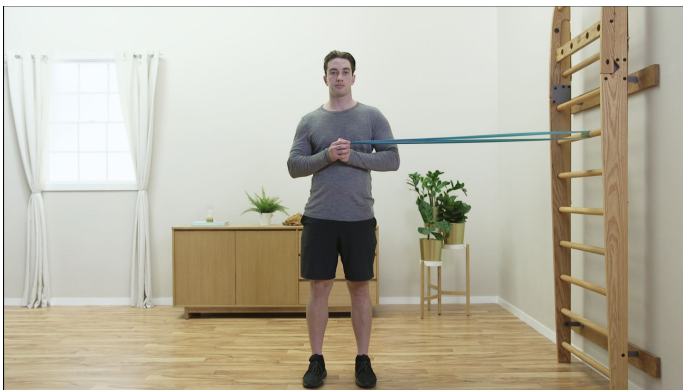
How to perform

1. The cable attachment should be in line with your shins.
2. Keeping your chest tall, bend down into a squat, keeping your knees in line with your toes.
3. Then push through your heels to stand up and then draw your elbows past your sides to complete the exercise.
4. Remember to keep your weight in your heels throughout the exercise.

5

Pallof press in standing

10 reps 60 seconds rest 3 sets Yellow exercise band



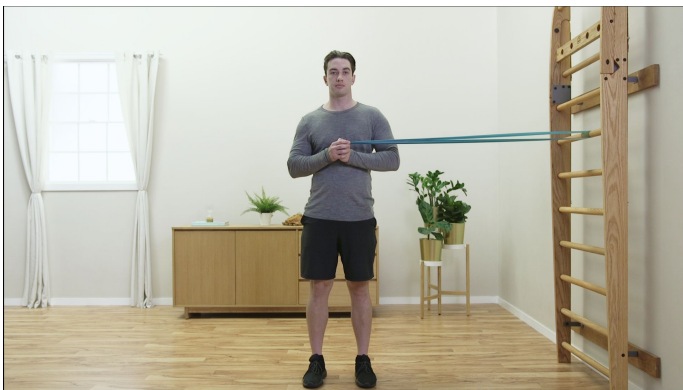
How to perform

1. The exercise band should be fixed to an object at chest height.
2. Bend your elbows to bring your hands up to your chest.
3. Keeping your chest straight, extend your arms forward, and then bring your arms back in to complete the exercise.
4. Remember to keep your shoulders relaxed and resist the pull of the exercise band throughout the exercise.

6

Pallof press in standing

10 reps 60 seconds rest 3 sets Yellow exercise band



How to perform

1. The exercise band should be fixed to an object at chest height.
2. Bend your elbows to bring your hands up to your chest.
3. Keeping your chest straight, extend your arms forward, and then bring your arms back in to complete the exercise.
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