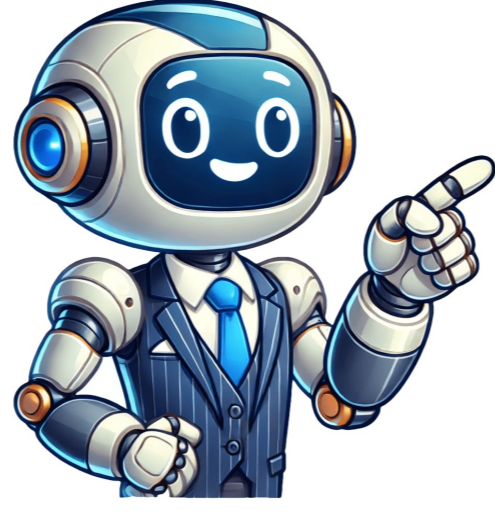


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Looking to get the best workout routine for bodybuilding? A five-day cable machine workout plan could be just what you need. Many fitness enthusiasts already incorporate cable exercises into their routines, but doing a full cable-only routine can have surprising benefits. Research shows that cable machines provide better joint angles and range of motion compared to free weights or other equipment. Plus, using cables is safer because the movement path is fixed, reducing the risk of injury. Studies also show that machine-based workouts are just as effective for building strength and muscle mass as free weights. Based on these findings, we've put together a perfect cable machine workout schedule with five training sessions per week and two rest days. Our plan uses the bro split method to avoid overtraining. Here's our 5-day cable workout routine: Day one focuses on chest exercises using various cable machines to target different areas of the pectoralis major muscle group. The standing cable chest press works the entire chest, while the inclined variation targets the upper pecs. The high-to-low cable chest press hits the lower portion of the chest from a unique angle. The cable crossover is an isolation exercise that engages the outer chest muscles. Make sure to feel the contraction for optimal results. We end the workout with incline cable flyes - similar to crossovers but at a different angle and targeting the upper pecs mainly. This is also an isolation exercise that targets the upper part of the chest. Standing cable chest press: 3 sets of 10-15 repsIncline cable chest press on the bench: 3 sets of 10-15 repsHigh to low cable chest press: 3 sets of 10-15 repsCable crossover: 3 sets of 10-15 repsIncline cable flyes: 3 sets of 10-15 repsDay 2:Performing back exercises on the cable machine requires creativity. We start with some basic wide-grip lat pulldowns, targeting the lats with posterior delts, biceps, and rhomboids as secondary muscles involved. The V-Bar pulldown is similar but uses a different grip, engaging trapezius muscles in addition to targeting the lats.Given article text here meant to activate triceps and biceps, we begin with cable tricep pushdowns targeting lateral and medial heads of triceps brachii. Next, we do cable overhead tricep extensions focusing on long head of muscle group. Single-arm cable tricep extensions again work on lateral and medial heads of triceps brachii, also activating anconeus at elbow joint. Moving to biceps, we start with basic cable rope curls then move to behind-the-back one-arm cable curls for variation in movement and intensity. High cable bicep curl targets biceps brachii, brachialis, and brachioradialis, while reverse cable curl focuses on forearms and same muscles using different movements.We need to work all muscle groups of leg for optimal strength gains, so we start with basic cable squats targeting quadriceps, gluteus maximus, hamstrings, calves, and lower back. Then we move to cable pull-throughs mainly targeting posterior chain primarily hamstrings, glutes, low-back, as well as core. Next, we do cable glute kickbacks targeting gluteus maximus and hamstrings, followed by knee-joint exercises like cable leg extensions targeting quadriceps, especially rectus femoris. Finally, we dedicate time to calf muscles with standing cable calf raises.Its generally recommended to rest for at least 3-4 days after training muscle groups before repeating them again. This allows your muscles to recover enough to perform at maximum potential and avoid potential injuries.With a bro split training session, muscles get maximum rest and recovery time, allowing for increased intensity to achieve fitness goals quickly. A 5-day workout plan using cable machines can efficiently help reach these goals, as it's based on scientific evidence. This plan is available for download in PDF format. Cable-based workouts are effective and safe due to their fixed path and range of motion, making them ideal for improving strength and muscle mass when part of a well-structured training program. Research supports the benefits of cable exercises, showing differences in muscle activation and kinematics compared to selectorized weight training. Training with machines like cables can also impact muscle mass, strength, and hormone levels differently than free weights. The frequency of resistance training is crucial for maximizing muscle hypertrophy, with studies suggesting optimal training frequencies per week. Additionally, loading recommendations for muscle strength, hypertrophy, and local endurance have been re-examined, providing guidance on the repetition continuum. Cable machines offer a versatile way to add resistance to workouts, and while they might be underutilized, they can be very effective once mastered, making cable machine workouts a valuable part of any strength training program.Using Cable Machines in Your Workout RoutineCable machines have become a staple in many gyms due to their versatility and ability to hit all muscle groups. Adding cable exercises to your workout routine can help improve mass and strength, making them an excellent tool for personal trainers. There are two main types of cable machines: selectorized and functional trainers. Selectorized machines use weight stacks with weight bricks that adjust based on where the pin is placed, allowing for various handles and attachments to be used. This makes the cable machine highly versatile and ideal for a wide range of exercises. To get the most out of your cable workouts, it's essential to understand how to program your routine effectively. For strength training, aim for 2-6 sets per exercise with 3-5 reps per set, targeting at least 85% of your one-repetition maximum (1RM). If you're looking to build muscle, perform three sets of each exercise using loads between 70 to 85% of your 1RM. One of the most effective cable machine exercises is the lat pulldown. This exercise targets the lats and can be modified with different grip widths to target specific areas of the muscle. To perform a wide-grip lat pulldown, sit at the machine with your thighs anchored under the pads and feet on the floor. Reach up and grip the bar with an overhand grip, leaning back slightly as you pull the weight towards your collarbones. Another essential exercise is cable curls, which target the biceps. Using an EZ-bar attachment can help modify standard curl movements by targeting different muscle fibers in the biceps. This makes it an excellent exercise for maximizing gains and improving overall bicep development. By incorporating these exercises into your workout routine, you'll be well on your way to building strength and mass with the power of cable machines. 1. To perform this exercise in your cable machine workouts: Set the cable pulley at the lowest setting and attach the EZ bar or your favret cable curl attachment. Face the cable machine with good posture, standing about one to two feet back from the anchor point. Grip the EZ bar using the inner angled grips so that your hands are turned inward (underhand grip), partially facing one another, and are positioned slightly closer than shoulder-width apart. Slowly curl the bar up all the way and then back down, making sure to use control so that gravity is not doing the work on the eccentric (lowering) portion with the weight stack. Lower the weight all the way back down to the straightened position to maximize the full range of motion. 2. The straight-arm pulldown cable exercise is an effective way to build strength in your lats, especially at the end range of motion. You will also work your shoulders and triceps. Here are the steps: Set the pulley at the highest setting and clip in the rope handle attachment or straight bar attachment. Stand facing the cable attachment about three to four feet back. Grip the attachment with straight arms overhead. Tighten your core as you hinge at your hips and lean your torso to a 45 degree angle. 3. Doing shrugs in your cable machine workouts is a great way to optimize the workload on the traps because the cable pulley path of motion matches the muscle fiber alignment in the traps. Pull your shoulders back and down towards your ears as you hold a handle in each hand on the cable machine. Keep your core tight and slowly lift your shoulders up, pulling them back and squeezing your shoulder blades together. Hold for 2-3 seconds before slowly lowering back down. This exercise targets your posterior delts and traps. It's also great for training deadlifts and overhead presses. Performing exercises with a large range of motion, such as those on the cable machine, allows for greater time under tension which can improve upper body strength. To execute the cable exercise effectively, position the pulleys at their highest setting and stand in the center of the machine with handles in each hand. Lean forward by 20 degrees while keeping your back straight and chest up. Next, pull both handles down towards your legs by contracting your chest muscles, aiming to keep your elbows slightly bent but not locked. Hold this position for 2-3 seconds before releasing and returning to the starting point. This exercise is particularly beneficial for targeting the posterior chain muscles like glutes, hamstrings, and back extensors. To perform kickbacks, start by attaching an ankle cuff to a cable machine set at its lowest setting. Stand facing the post with one hand lightly grasping it for balance. Allow your supporting knee to bend slightly while lifting the leg secured by the cuff. Extend your leg directly behind you, reaching as far back as possible while keeping it straight. Hold this position for 3 seconds before returning to the starting point and switching sides. Incorporating additional exercises like single arm pulls, cable chest press, and lateral raises can enhance the effectiveness of your workout routine.

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