

CABLE EXERCISE EQUIPMENT

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Set up for the cable curl by attaching a straight bar to the low pulley cable and selecting the weight you want to use on the stack. Stand facing the cable machine with your legs shoulder width apart.

[What Exercise Equipment Helps Firm the Butt & Thighs ...](#)

The cable machine is an excellent piece of exercise equipment that you can use to firm your entire body. To target your butt and thighs, do hip abduction, adduction and flexion exercises that target the gluteus minimus and medius in your buttocks, and many muscles in your thighs, including the iliopsoas, sartorius, adductor longus and brevis.

[Cable machine - Wikipedia](#)

A cable machine is an item of equipment used in weight training or functional training. It consists of a rectangular, vertically oriented steel frame about 3 metres wide and 2 metres high, with a weight stack attached via a cable and

pulley system to one or more handles.

Cable Rope Overhead Triceps Extension | Exercise Videos ...

Attach a rope to the bottom pulley of the pulley machine. Grasping the rope with both hands, extend your arms with your hands directly above your head using a neutral grip (palms facing each other).

Home - C.S. Johnson

C. Sherman Johnson Company Incorporated was founded in 1958 by Curtiss S. Johnson Jr (1925 - 2005). Mr. Johnson's love of sailing inspired him to design and manufacture stainless steel turnbuckles, fittings and marine accessories for the pleasure marine market.