



CABLE MACHINE WORKOUT ROUTINE PDF

1. Push Pull Legs Format

	Exercise	Set 1	Set 2	Set 3	Set 4
Day 1: Push Day	Chest Press	15-20	10-12	8-10	6-8
	Cable Flyes, High to Low	15-20	10-12	8-10	8-10
	Cable Flyes, Low to High	15-20	10-12	8-10	8-10
	Lateral Raises	15-20	10-12	8-10	8-10
	Triceps Extensions	15-20	10-12	8-10	8-10
Day 2: REST					
Day 3: Pull Day	Cable Curls, Hammer or Palms-Up Grip	15-20	10-12	8-10	8-10
	Kneeling Cable Pull-Downs	15-20	10-12	8-10	8-10
	Cable Rows, Seated 2-arm or Kneeling 1-arm	10-12	10-12	10-12	10-12
	Reverse Flyes	15-20	10-12	8-10	8-10
	Motorcycle Rows	15-20	10-12	8-10	8-10
	Cable Crunches	15-20	15-20	15-20	15-20
Day 4: REST					
Day 5: Leg Day	Cable Sissy Squats	15-20	10-12	8-10	6-8
	Cable Squats	15-20	15-20	15-20	15-20
	Hip Extensions	15-20	10-12	8-10	8-10
	Hip Abductions	15-20	10-12	8-10	8-10
	Leg Curls	15-20	10-15	10-12	8-10
	Standing Calf Raises	15-20	15-20	15-20	15-20
Day 6: REST					
Day 7: REST					

2. Upper/Lower Split Format

	Exercise	Set 1	Set 2	Set 3	Set 4
Day 1: Upper	Chest Press	15-20	10-12	8-10	
	Cable Flyes, High to Low	15-20	10-12	8-10	
	Cable Flyes, Low to High	15-20	10-12	8-10	
	Lateral Raises	15-20	10-12	8-10	
	Reverse Flyes	15-20	10-12	8-10	
	Triceps Extensions	15-20	10-12	8-10	
	Cable Curls, Hammer or Palms-Up Grip	15-20	10-12	8-10	
	Kneeling Cable Pull-Downs	15-20	10-12	8-10	
	Cable Rows, Seated 2-arm or Kneeling 1-arm	10-12	10-12	10-12	
	Motorcycle Rows	15-20	10-12	8-10	
	Cable Crunches	15-20	15-20	15-20	
Day 2: Lower	Cable Sissy Squats	15-20	10-12	8-10	6-8
	Cable Squats	15-20	15-20	15-20	15-20
	Hip Extensions	15-20	10-12	8-10	8-10
	Hip Abductions	15-20	10-12	8-10	8-10
	Leg Curls	15-20	10-15	10-12	8-10
	Standing Calf Raises	15-20	15-20	15-20	15-20
Day 2: REST					
Upper	Chest Press	15-20	10-12	8-10	
	Cable Flyes, High to Low	15-20	10-12	8-10	
	Cable Flyes, Low to High	15-20	10-12	8-10	
	Lateral Raises	15-20	10-12	8-10	
	Reverse Flyes	15-20	10-12	8-10	
	Triceps Extensions	15-20	10-12	8-10	
	Cable Curls, Hammer or Palms-Up Grip	15-20	10-12	8-10	
	Kneeling Cable Pull-Downs	15-20	10-12	8-10	
	Cable Rows, Seated 2-arm or Kneeling 1-arm	10-12	10-12	10-12	
	Motorcycle Rows	15-20	10-12	8-10	
	Cable Crunches	15-20	15-20	15-20	
Lower	Cable Sissy Squats	15-20	10-12	8-10	6-8
	Cable Squats	15-20	15-20	15-20	15-20
	Hip Extensions	15-20	10-12	8-10	8-10
	Hip Abductions	15-20	10-12	8-10	8-10
	Leg Curls	15-20	10-15	10-12	8-10
	Standing Calf Raises	15-20	15-20	15-20	15-20
Day 2: REST					
Day 2: REST					

3. Full Body Format (3-Day example just for you!)

	Exercise	Set 1	Set 2	Set 3	Set 4	
Day 1: Full Body 1	Chest Press	15-20	10-12	8-10	6-8	
	Lateral Raises	15-20	10-12	8-10	8-10	
	Triceps Extensions	15-20	10-12	8-10	8-10	
	Cable Pull-Downs, Kneeling or Seated	15-20	10-12	8-10	8-10	
	Cable Rows, Seated 2-arm or Kneeling 1-arm	10-12	10-12	10-12	10-12	
	Cable Sissy Squats	15-20	10-12	8-10	6-8	
	Hip Extensions	15-20	10-12	8-10	8-10	
	Standing Calf Raises	15-20	15-20	15-20	15-20	
	Cable Crunches	15-20	15-20	15-20	15-20	
Day 2: REST						
Day 3: Full Body 2	Cable Flyes, High to Low	15-20	10-12	8-10	8-10	
	Front Raises	15-20	10-12	8-10	8-10	
	Cable Curls, Hammer or Palms-Up Grip	15-20	10-12	8-10	8-10	
	Cable Pull-Downs, Kneeling or Seated	15-20	10-12	8-10	8-10	
	Motorcycle Rows	15-20	10-12	8-10	8-10	
	Cable Squats	15-20	15-20	15-20	15-20	
	Hip Abductions	15-20	10-12	8-10	8-10	
	Standing Calf Raises	15-20	15-20	15-20	15-20	
	Cable Crunches	15-20	15-20	15-20	15-20	
Day 4: REST						
Day 5: Full Body 3	Cable Flyes, Low to High	15-20	10-12	8-10	8-10	
	Superset	Triceps Extensions	15-20	10-12	8-10	8-10
		Cable Curls, Hammer or Palms-Up Grip	15-20	10-12	8-10	8-10
	Cable Rows, Seated 2-arm or Kneeling 1-arm	10-12	10-12	10-12	10-12	
	Motorcycle Rows	15-20	10-12	8-10	8-10	
	Superset	Cable Squats	15-20	15-20	15-20	15-20
		Cable Sissy Squats	15-20	10-12	8-10	6-8
	Hip Extensions	15-20	10-12	8-10	8-10	
	Standing Calf Raises	15-20	15-20	15-20	15-20	
Cable Crunches	15-20	15-20	15-20	15-20		
Day 6: REST						
Day 7: REST						

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Disclaimer: The information provided in this article is intended for general informational and educational purposes only. It should not be used as a substitute for professional advice or treatment. While the exercises described in this full body stretching routine are generally safe for most people, they may not be suitable for everyone. If you have any health concerns or medical conditions, or if you're not used to regular exercise, please consult with a healthcare professional before starting this or any new exercise routine. Always listen-your body and perform these stretches at a pace and intensity level that feels comfortable for you. If you feel any pain or discomfort while performing these stretches, stop immediately and seek medical attention if necessary. Remember, safety should always be your top priority when it comes to exercise.