

## FreeMotion Dual Cable Cross



Functional exercise is designed to increase muscle strength, flexibility, balance, agility and coordination. By performing exercises that closely resemble everyday movements or sport-specific actions, the body will increase its functional strength in performing these actions. Unlike any other piece of equipment, users can perform virtually any movement pattern on the FreeMotion Dual Cable Cross due to its articulating and pivoting arms, swiveling pulleys and extensive cable travel.

### **Benefits**

- Allows users to exercise targeting every part of the body.
- Builds stability and coordination.
- Arms adjust horizontally and vertically and handles move independently.
- Functionally trains the muscles of the entire body to work together.
- Enhances strength by allowing users to perform movements that mimic sport-specific activities.

### **Exercise Tips**

- The Dual Cable Cross is a highly versatile machine and may require the guidance of a personal trainer.
  - When exercising, draw navel inward toward spine.
  - Generate movements from the core as opposed to the arms.
  - Keep knees slightly bent to maintain a stable base.
-

## FreeMotion Dual Cable Cross Exercise Progression

Once the client is comfortable performing any traditional exercise, they can progress to incorporate challenges in coordination and stability. By progressing an exercise, the client is building strength in stabilizers, enhancing core strength and training body parts to move together.

There are many progressions that will require increased coordination from alternating arms to adding a rotation to the movement.

### ***Coordination***

- Two Arms
- Alternating Arms
- One Arm
- One Arm with a Rotation

Progress an exercise from a stable to an unstable environment. As the client is familiar with one level, increase the amount of instability to functionally train other parts of the body to work together.

### ***Stability***

- Seated, Unsupported (stability ball)
- Standing, Two Legs
- Standing, Single Leg
- Standing, Unstable Two Legs (standing on ½ foam roll or dyna-disk)
- Standing, Unstable Single Leg (standing on ½ foam roll or dyna-disk)

When progressing through exercises in instability, the client should always be completely comfortable performing one exercise before progressing to the next level to ensure safe and proper execution of the exercise. If the client is compensating during the movement by arching their back, or shifting weight, decrease the weight or take a step back in the exercise progression.

### ***Example Progression***

- Standing, Single Leg, Two Arms
  - Standing, Single Leg, Alternating Arms
  - Standing, Single Leg, One Arm
  - Standing, Single Leg, One Arm with Rotation
-

# FreeMotion Dual Cable Cross

Ball Row/Standing Row



Ball Press/Bent Over Row



Single Straight Arm Pulldown



Single Leg Chest Press



Lateral Raise/Chest Press



---

**FREEMOTION FITNESS MANUAL**

---

**FreeMotion Dual Cable Cross**

---

**Tricep/Bicep**

---



**Russian Twist on Ball**

---



**Lunge Twist**

---



**Lunge**

---



**Leg Extension**

---



# FreeMotion Dual Cable Cross

## Glute Extension



## Single Leg Squat/Adduction



## Dead Lift



## Calf Raise



## Swim on Ball



---

**FREEMOTION FITNESS MANUAL**

---

**FreeMotion Dual Cable Cross**

---

**Dead Lift to Calf Raise**

---



**Tennis Backhand/Forehand**

---



**Golf Swing**

---



**Kid Lift**

---



**Lunge to Row**

---



# FreeMotion Dual Cable Cross

Squat/Lunge to Chest Press



