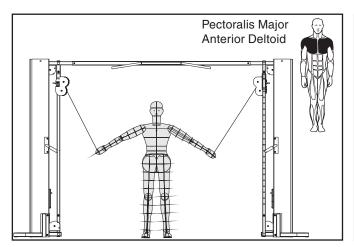
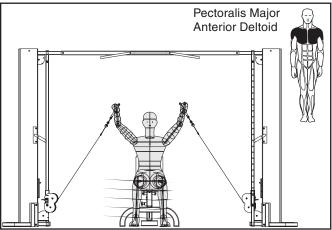
## 5648/5649/5650/5311 - Modular Cable Crossover

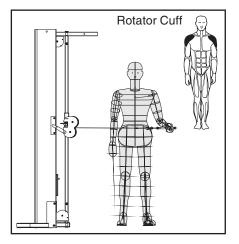
The Cable Crossover is a very versatile machine. With the use of various handles, virtually every body part can be trained.

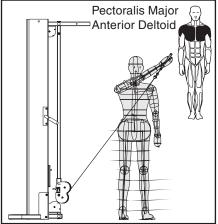
- **1.** Select appropriate resistance.
- **2.** Adjust pulley height by grasping handle, pulling detent pin, sliding mechanism to desired height. Ensure that pin is locked into place before releasing handle.
- 3. Grasp handle securely and lift/lower resistance with smooth, controlled movements.

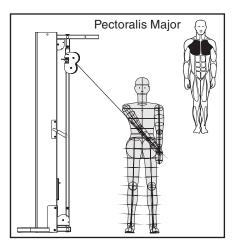
**NOTE:** Exercises may be performed in either linear or diagonal patterns.











## Cybex Modular Owner's Manual

