

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.



