

# LIST OF CABLE MACHINE EXERCISES BY MUSCLE GROUP

Created by: [Murshid Akram](#)

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From the chest, shoulder, and arms to the legs, back, and core, you can do numerous exercises with cable machines to build strength, size, and mobility.

Here's a complete list of cable exercises you can integrate into your [gym workout program](#) to add varieties that make your routine interesting.

## Chest

1. Seated Cable Chest Press
2. [Incline Cable Chest Press](#)
3. High to Low Cable Chest Fly
4. Cable Upward Chest Fly
5. Incline Bent Forward Cable Crossover
6. Flat Cable Chest Press
7. Incline Cable Fly
8. [Cable Chest Pullover](#)
9. Cable Squeeze Press
10. [Cable Sternal Press Around](#)

## Shoulder

11. Overhead Press
12. Front Raises
13. [Alternating Cable Shoulder Press](#)
14. Standing Lateral Raises
15. [Cable Y Raises](#)
16. Bent-over Single-arm Lateral Raises
17. Facepull

18. Reverse Fly
19. Shrug
20. Upright Row

## Triceps

21. Triceps Rope Pushdown
22. Overhand Grip Bar Pushdown
23. Single-arm Underhand Grip D-handle Pushdown
24. Reverse-Grip Bar Pushdown
25. Cable Triceps Kick Back
26. [Cross Cable Triceps Extension](#)
27. Overhead Triceps Extension
28. [Lying Triceps Extension](#)
29. [High Pulley Overhead Extension](#)
30. Incline Cable Triceps Extension

## Biceps

31. Straight Bar Curl
32. EZ Bar Curl
33. Rope Curl
34. Concentration Curl
35. Reverse Biceps Curl
36. [Standing Overhead Cable Curl](#)
37. [Chest Supported Spider Curls](#)
38. Squatting Cable Curl
39. Preacher Curl
40. [Cable Drag Curl](#)

## Back

41. Front Lat Pulldown
42. Standing Straight-arm Lat Pulldown
43. Seated Cable Row
44. Facepull
45. Unilateral Pulldown
46. Split Stance Low Cable Row
47. Reverse Narrow-Grip Lat Pulldown
48. Behind The Neck Pulldown

49. V-Bar pulldown
50. Seated Straight-arm Overhead Pull

## Legs

51. Cable Squat
52. Leg Extension
53. Leg Curl
54. Cable Chair Squat
55. Cable Romanian Deadlift
56. Cable Pull-through
57. [Cable Reverse Lunge](#)
58. Cable Hip Abduction
59. Donkey Kick
60. Cable Hip Extension

## Core

61. [Kneeling Cable Crunches](#)
62. [Lying Cable Crunches](#)
63. [Standing Cable Crunches](#)
64. [Decline Cable Crunches](#)
65. [Modified Cable Crunches](#)
66. [Reverse Cable Crunches](#)
67. [Cable Tuck Crunch](#)
68. [Lying Cable Leg Raise](#)
69. [Single-Leg Cable Crunch](#)
70. [Cable Leg Lift Hold](#)
71. [Kneeling One-arm Cable Oblique crunch](#)
72. [Russian twist](#)
73. [High To Low Cable wood Chop](#)
74. [Reverse Cable Wood Chop](#)
75. [Low-Pulley Cable Side Bend](#)
76. [High Pulley Cable Side Bend](#)

## Related Exercises List:

- [List of Dumbbell Exercises For Each Muscle](#)
- [Barbell Exercises List By Muscle Group](#)

- [30+ Best Smith Machine Exercises of all Time](#)
- [The Ultimate List of 82 Kettlebell Exercises](#)
- [List of 100 Stretching Exercises](#)

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