

**80%**  
AMOUNT OF  
YOUR MAX YOU  
NEED TO LIFT TO  
MAKE A MUSCLE  
GROW

**STOP DOING THIS EXERCISE**

# CABLE CROSSOVER

There are better moves to build your chest

BY ROSS HUPFER

**↓** A lot of guys think cable crossovers isolate and define the “inner chest.” In reality, the exercise works the entire chest but does a poor job of it because you can’t use much weight during the lift. You can also injure your shoulders, even when you’re just getting into position for the exercise (pulling one handle at a time in front of your chest from behind you).

Dumbbell bench presses and all pushup variations are much better choices. **Or if you prefer cable moves, try a single-arm cable press instead.** It’s performed like a dumbbell bench press, only standing (it also hits your abs.) Unlike the crossover—which causes a relaxation in your chest when you cross your hands in front of you—it will keep tension on your pecs.

**GYM LIES**

**THE LIE**

**YOU GOTTA TRAIN ABS EVERY DAY**

**THE TRUTH**

“Your abdominals need time to recover when trained hard,” says Stamford, Conn., strength coach Jimmy Smith. **Try to hit them directly twice a week.** “I’ve found that training them with body-weight crunches for 15 to 20 reps one day and cable woodchops for six to 10 reps on the other day works best.”



## BE LEAN AND GREEN



Use these natural, plant-based supplements to trim the fat and replace it with muscle

There’s nothing wrong with good ol’ whey protein, but it’s not for everyone. Fortunately, there are several plant-based protein supplements on the market that are not only a great substitute for whey but offer unique benefits as well.

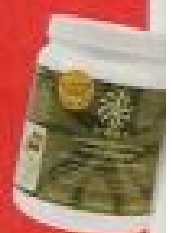
**Sun Warrior Protein Raw Vegan Natural**

Made from sprouted whole-grain brown rice, Sun Warrior contains a blend of all the essential amino acids needed for muscle growth and is completely hypoallergenic and GMO-free. It is also processed at a low temperature without added chemicals, to preserve natural enzymes that aid in digestion. **\$49 for a 2.2-pound jug @ sunwarrior.com**



**Vega Complete Whole Food Health Optimizer**

Think of it as a balanced meal ground into a fine powder. A serving packs 26 grams of protein from a variety of hemp, yellow peas, and rice sources, along with omega fatty acids and other nutrients from mostly organic roots, seeds, and berries. **\$42 for a seven-serving tub @ sequelnaturals.com**



**Manitoba Harvest Hemp Pro 70**

If you just can’t stand the taste of artificially flavored protein powder, try this, it’s mild and nutty, so you can mix it into milk or add it to your food. Hemp is an easily digested protein and, contrary to what you may think, it won’t get you “high.” **\$30 for a 16-ounce container @ manitobaharvest.com**

