As for crossovers, there are a lot of options. The Behringer would work, as would the Rekkhorn sub crossover or the Pyle crossover. I wouldn't use the Pyle crossover unless it were modded though, so if you don't have time to fool with it, go another route. But if you upgrade it as shown in the link above, it's sneaky good sounding.

Definitely don't high-pass the mains; At least, don't high-pass them above the Helmholtz frequency. There's no harm limiting the out-of-band content, but we want woofer sound sources blended, so don't high-pass at 100Hz or anything like that. It's a good thing to do in prosound, and maybe the itsy-bitsy satellite speakers need it but none of mine do.

Just low-pass the subs. If they're to be setup as flanking subs (stereo, one sub per main, about 2 feet away in each dimension) - then low-pass on the high side, like 80Hz-100Hz second-order. If all you have is a fourth-order unit, let it run up to 120Hz or 150Hz. The subs should sound very muffled, but you should hear the deepest part of male voice coming out of it. We want that part to smooth the room modes at the high-end of the modal region. If they're more distant subs, then low-pass lower, around 50Hz-60Hz. The subs should be smoothly blended, and you should not be able to tell they're on.

Room modes, multisubs and flanking subs