

Strength

Chest Fly



Muscle Group: Chest (pectorals, deltoids, biceps) | **Sets & Reps:** 3x8 or 3x10 |
Equipment: Weight machine, dumbbell, barbell

Instructions

1. Make adjustments to the machine so that your feet are flat on the ground, and the handles are inline with the side of your body.
2. Adjust the weight using the pin, and sit on the bench with your back against the backrest, and feet planted on the ground.
3. Reach out and grab hold of the handles keeping your elbows slightly bent.
4. Slowly pull the handles in towards each other to meet in front of you.
5. With control, open your arms back up to the starting position then continue the exercise.
6. Repeat this 10 times (3 x 10).

Tips & Modifications

- If flexibility is an issue, adjust the handles so your arms start closer together.
- If you need to, do 1 arm at a time.
- Be sure to keep your back against the backrest the entire time.
- Beginner Tip: Practice the movement without weight first.
- Start with the lowest weight on the machine.



**Click here or scan
the QR Code to the
right to watch video
instructions!**

