

Reverse Fly



Muscle Group: Back (latissimus dorsi, deltoids) | **Sets & Reps:** 3x8 or 3x10 |
Equipment: Weight machine or dumbbell

Instructions

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

Tips & Modifications

- Be sure to keep your chest against the backrest and keep your back straight.
- Make sure you are using your back muscles to complete this exercise.
- 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!**

