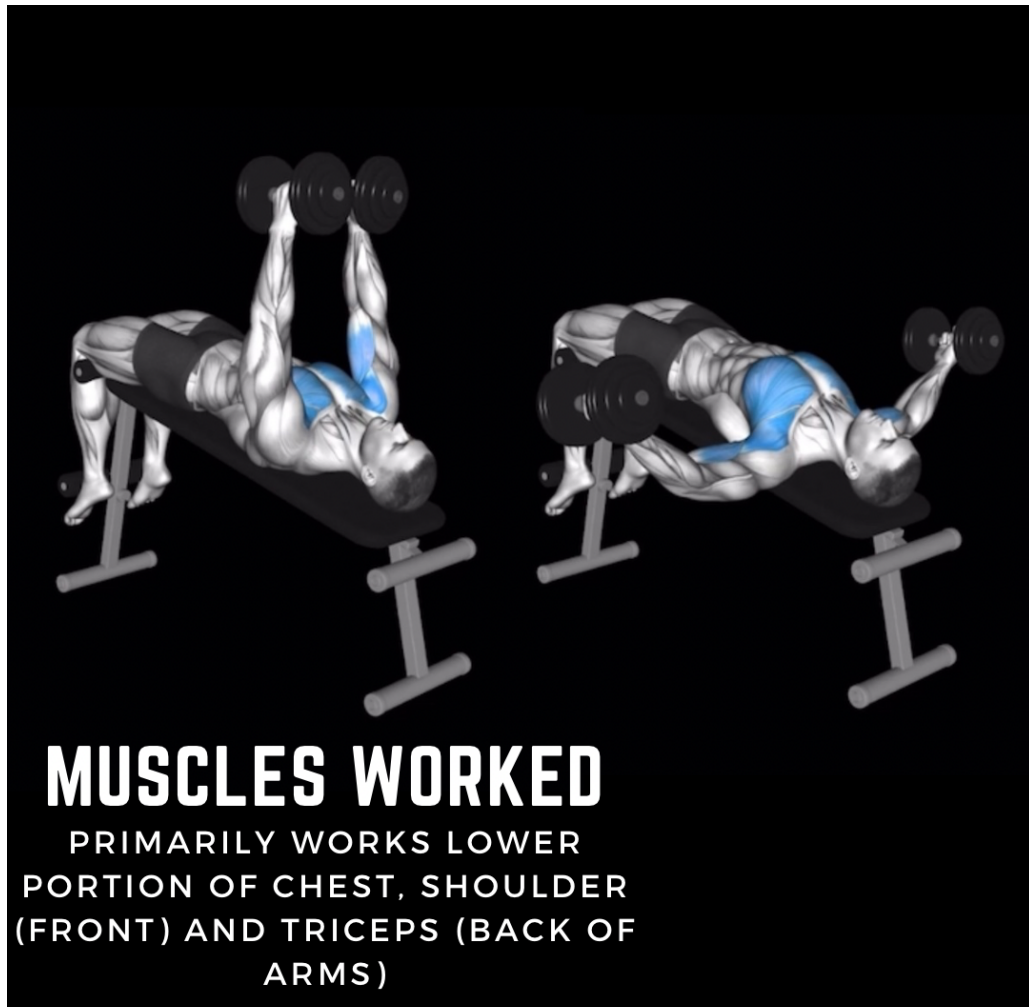


HOW TO PERFORM A DECLINE CHEST FLY



1. Set up the bench so it's at a 30-degree decline, then lie back so your head and back are supported against the bench and your feet are planted on the ground.
2. Press the dumbbells up so they're in line with your chest, palms facing each other, with a soft bend in the elbow.
3. Squeeze the shoulder blades back, then take a deep breath as you slowly lower the dumbbells in an arc direction. Stop when the arms are almost parallel to the ground and dumbbells are in line with your chest.
4. Breathe out as you squeeze your chest to push the dumbbells back together.

COACHING TIPS:

It's important to remember that the decline dumbbell fly will require less load than other chest pressing movements.

Having a manageable load and ensuring correct form helps to protect the shoulder joint from coming under too much stress.

It can be tempting to think more range of motion is best, but you should lower the dumbbells no further than chest height.

The setup of the decline bench means the head is lower than the feet and depending on your height, you may be unable to keep your feet flat on the floor.

Having the feet planted helps to keep the back on the bench and prevent the lumbar spine from overextending.

Options include using an ab bench so you can secure your feet in the foot support or placing a step at the bottom of the decline bench and planting your feet on this.