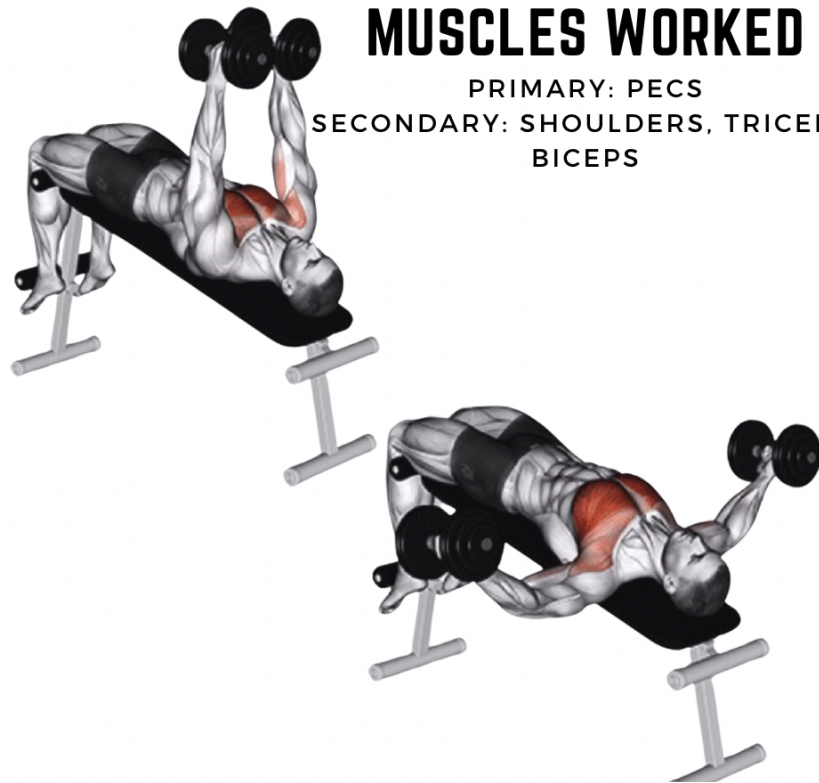


HOW TO PERFORM THE DUMBBELL PEC FLY



- Lie back on the bench, then press the dumbbells up above your chest with a neutral grip.
- Drive your shoulder blades back into the bench to set your shoulders. Keep your feet on the ground or secured and squeeze your glutes and abs to create full-body tension.
- Move your hands to turn your pinkies toward each other. This will help to create some external rotation at the shoulder joints.
- Bend your elbows slightly, then lower the weights down to the sides, moving only at the shoulders. Lower down only to a comfortable point for your range of motion, when you feel a stretch on your chest.
- Squeeze your pecs to raise the weights back up to the starting position. Don't slam the weights together at the top—instead, stop with the weights just slightly apart, continuing to squeeze the chest. That should be the major point of focus for the exercise.

COACHING TIPS

1-The true benefit and magic of the dumbbell fly happens not when your arms are at their widest, but when you bring your arms together. It's here that you get the chance to squeeze your pectoral fibres and really promote chest growth. Focus on this squeeze, thinking of lingering at the top for a good one second to get the most out of the fly.

2- As mentioned above, the magic of the fly occurs at the top of the movement, not the bottom. So don't try too hard to overstretch your pecs by lowering your shoulders extra-deep.

Aim to get your upper arms parallel with the ground, but don't worry about going too deep on them. This isn't an exercise for flexibility; you're using the movement to build size, strength, and definition.