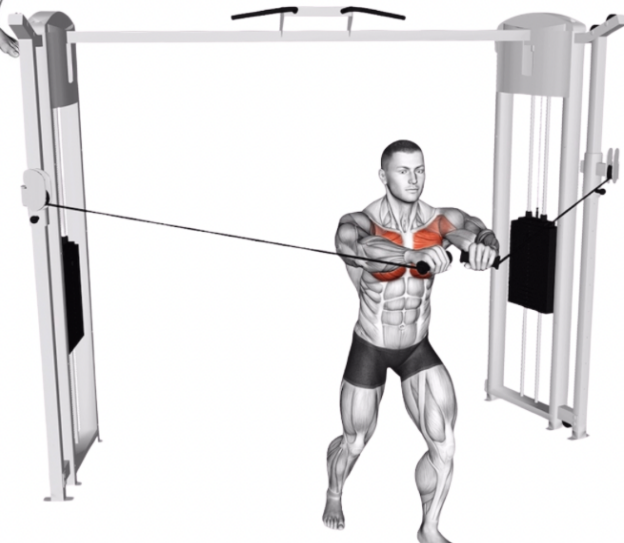


HOW TO PERFORM A CABLE CHEST FLY



MUSCLES WORKED

PECTORALS (CHEST),
DELTOIDS
(SHOULDER) AND
TRICEPS (BACK OF
ARM)



1. Set the cable pulley machine so that the cables are at shoulder height with a single handle attachment on each.
2. Facing away from the cable machine, grip each handle and take a step forward with one leg into a wide staggered stance. Hinge very slightly forward at the hips.
3. Press the cable handles so they are in front of your chest with your arms extended, palms facing each other, then begin the reps by slowly allowing the handles to move towards the cable machine in an arc direction.
4. Once the handles are in line with your chest, push through your arms and chest to bring the handles back to the start following the same arc movement.

COACHING TIPS:

Having the correct form and range of motion is important in minimising strain to the shoulder joint.

Select a weight that allows you to maintain a soft bend in the elbow and only go as far as hands in line with chest.