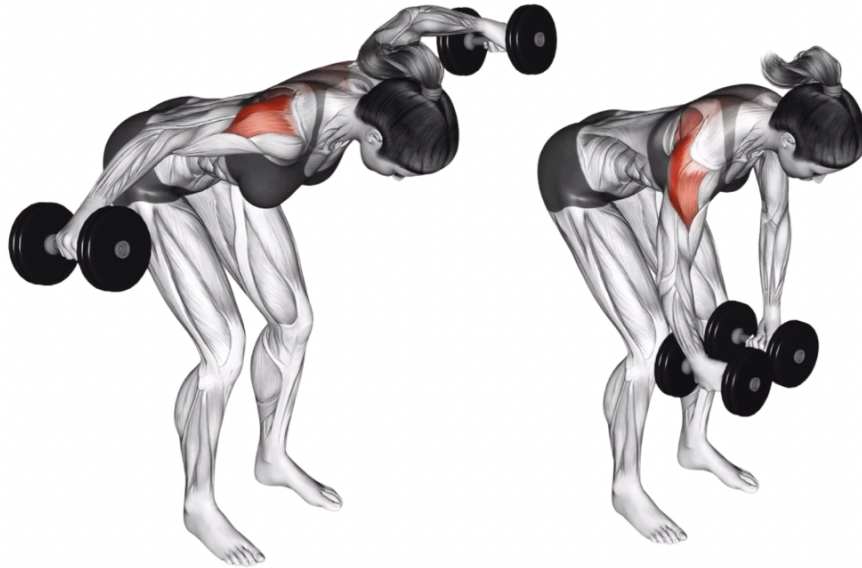


HOW TO PERFORM A BENT OVER DUMBBELL FLY

MUSCLES WORKED

BACK (LATS, TRAPS, RHOMBOIDS)
LATERAL & POSTERIOR SHOULDER



Hinge from the hips until your body is almost parallel to the floor and allow the arms to hang straight down from the shoulders with a neutral grip.

Take a deep breath and pull the dumbbells towards the ceiling using the rear deltoids (shoulder muscle).

Slowly lower the dumbbells back to the starting position under control.