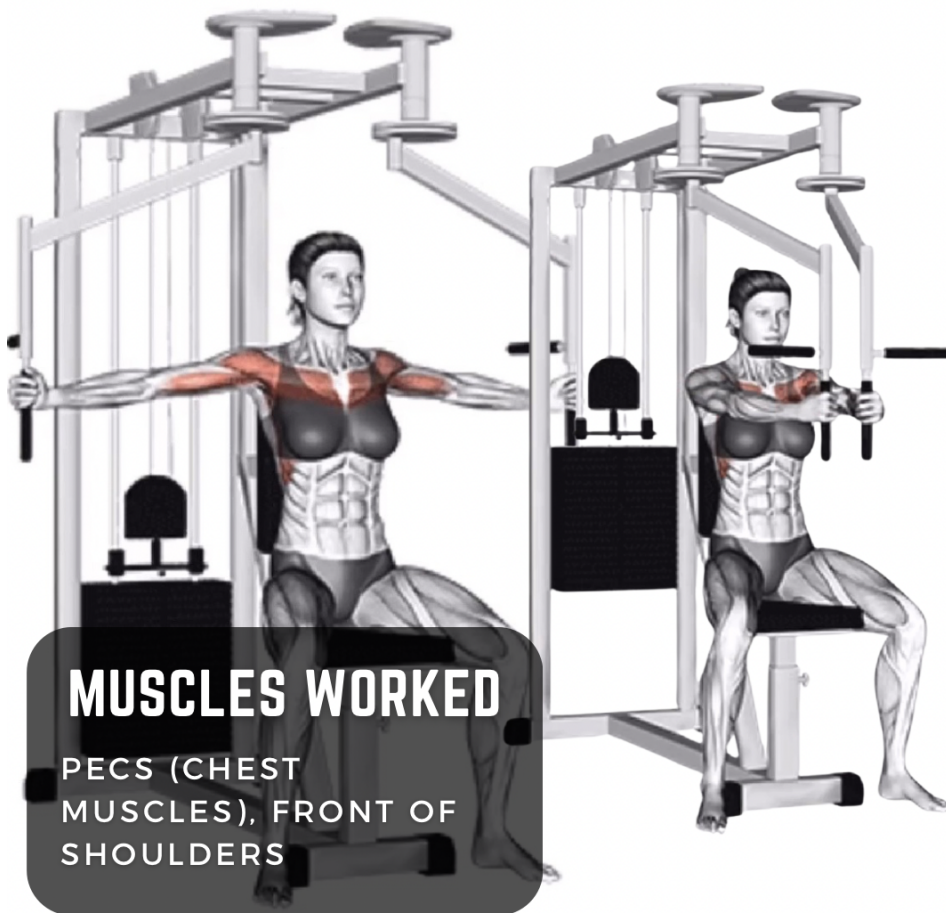


HOW TO PERFORM A SEATED CABLE FLY



How To Do

1. Adjust the cable machine so that the handles are at chest height.
2. Sit on the bench with your back straight and your feet flat on the ground.
3. Grasp the handles with your palms facing each other and your arms extended out to the sides.
4. Slowly bring the handles together in front of your chest, squeezing your chest muscles as you do so.
5. Pause for a moment at the top of the movement, then slowly release back to the starting position.
6. Repeat for the desired number of repetitions.