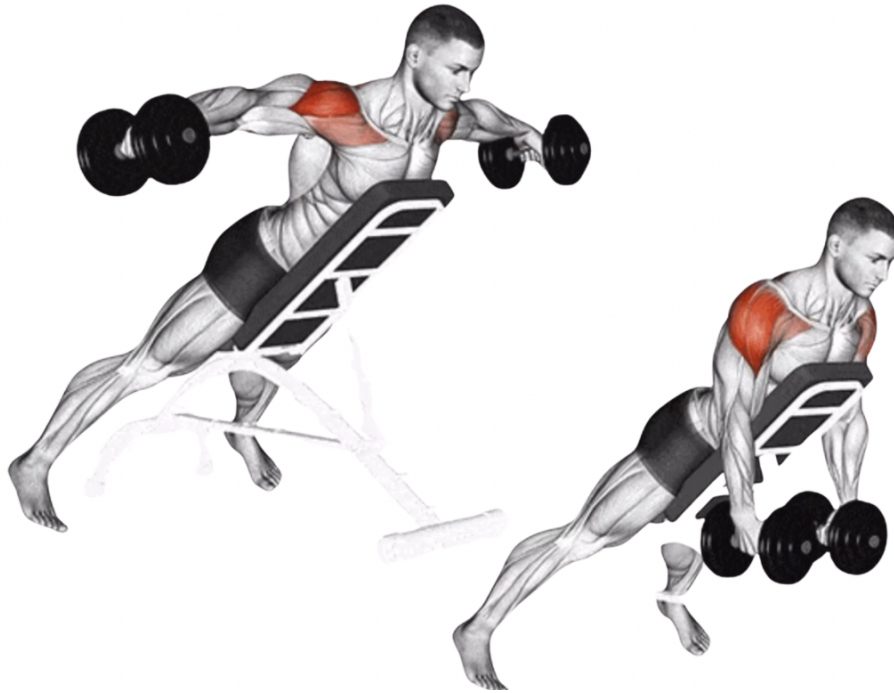


HOW TO PERFORM AN INCLINE REVERSE FLY

MUSCLES WORKED

PRIMARY: REAR SHOULDER
SECONDARY: UPPER BACK



- 1:** Lie chest down on an incline bench with a dumbbell in each hand, palms facing in.
- 2:** Place your arms extended straight out and slightly downward, palms facing each other, and elbows slightly bent. Place your feet slightly wider than shoulder width apart and ground your toes for your starting position.
- 3:** Exhaling, raise the dumbbells out to the sides, squeezing your shoulder blades, until your arms are parallel to the floor and the dumbbells are shoulder high.
- 4:** Inhaling, slowly lower the dumbbells back to the starting position.
- 5:** Repeat for a complete set.

Tip: Try to squeeze your shoulder blades together at the top of the exercise to get the best results from this exercise.

Note: This exercise is usually performed with light weight for high reps, such as 10-15 reps per set or more.