

Seated Reverse Flye



Description: Sit on the end of a bench with feet planted firmly on the ground. Lean forward and grasp the dumbbells with your palms facing inward. This is the starting position. Keeping a slight bend at the elbow raise the dumbbells up laterally, squeezing the shoulder blades together. Slowly lower the dumbbells to the starting position and repeat.

Sets/reps: 2-3 sets of 10-12 reps.

Modifications: Momentarily pause at the top of the movement for added intensity.

Common Mistakes: Using momentum to raise the weights, rounding of the back.

Target Muscles: Shoulders, Trapezius, Rhomboids.

****Tip:** When leaning forward, hinge from the hips to avoid rounding the back.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

