

## Kinesis Chest Fly



**Description:** Begin in a stable, tall position with feet slightly wider than hip width; keep knees slightly bent. Grab both handles just below shoulder height. Push your hands forward, bringing the cables together. Stop once your hands reach each other. Pause briefly before returning to start position in a slow and controlled motion.

**Tip:** Engage your abdominal, lower back and butt muscles. This will not only help you remain stable during the exercise but also improve your core strength and overall body stability.

**Sets/reps:** Aim to achieve 4 sets of 10-12 reps

**Target Muscles:** Pectoralis Major.

**Modifications:** To make this exercise easier, try a split leg stance. You are now in a more stable position. To increase the difficulty sit on an exercise ball and complete the exercise. This will increase greater isolation of the chest and incorporate more of the core.

### **Common Mistakes:**

- 1) Letting your arms go too far behind you. This puts the shoulder in a vulnerable position. Never extend past parallel.
- 2) Using momentum once you fatigue. Make sure you are able to sustain the weight you select for the entire exercise.

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

