

### Reverse Fly (Kinesis)



**Description:** *Vertical Handle.* Standing in a split stance grasp right handle with left and vice versa for the right hand, so the cables are crossed. With arms at chest level (directly in front of you) and elbows slightly bent, widen arms and squeeze shoulder blades. Arms should span out and behind you, until just leaving the peripheral vision. Return to starting position. Repeat.

**\*\*Tip:** Stand in split stance for greater stability.

**Sets/reps:** 10-12 Reps, 2-3 Sets.

**Modifications:** If controlling the cables in a smooth fluid movement is difficult, try the pec deck, or upper back machine, for a more guided trajectory when working this muscle group.

**Common Mistakes:** Raising arms too high.

**Target Muscles:** Upper back, Rhomboids, Mid-Trapezius.

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