

# EXERCISE OF THE MONTH

## Dumbbell Fly

### Start Position



### How to Perform

Holding a dumbbell in each hand, lie on your back on a flat bench with your feet placed firmly on the floor or on a raised platform so that you can keep your spine in a neutral to flat position. Press the dumbbells to a position shoulder-width apart with your elbows straight. Turn your arms so that your palms face inward, with a slight bend in the elbows. Keep the wrist in neutral position.

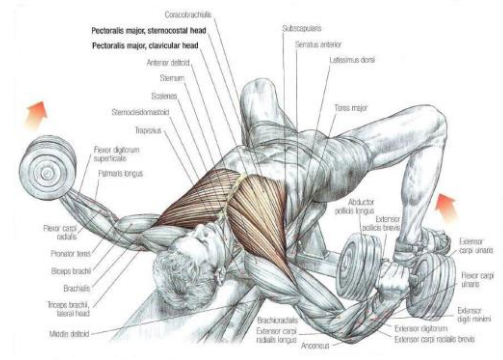
### End Position



### How to Perform

Inhale and slowly lower the dumbbells in a wide arc until they are level with your shoulders or chest. Keep the dumbbells parallel with each other during the movement. Keep your elbows slightly bent, and wrists in neutral position. Exhale and slowly return the dumbbells toward the ceiling in the same wide arc pattern of the downward phase.

### Muscle Groups Exercised



### Coaching Tips

- ✓ Pull your shoulder blades down and back so that they make firm contact with the bench.
- ✓ Your head, shoulders, and butt should make contact with the bench and your feet should make contact floor throughout the exercise.
- ✓ Do not bend at the wrist joint.

*\* See your PFT for alternative exercise variations and equipment*