

## Chest Fly

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- Lie on the floor with your knees bent, holding a dumbbell in each hand
- Holding the dumbbell directly over your shoulders, face your palms inward toward each other
- Bend your arms slightly, as if you are hugging a large tree.
- Keeping your abs tight and your neck relaxed, allow your arms to open, moving towards the floor.
- Don't let your arm touch the floor, instead tighten the chest muscles and bring the dumbbells back together, maintaining the slight bend at the elbows.
- You don't have to touch the dumbbells, stop when you reach the point in which you are just moving the dumbbells horizontally. Unless you are moving against gravity, it is just wasting your time.
  
- To get the most out of your workout, try to find a weight that will challenge you for 1-3 sets of 8-12 repetitions.

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### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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