

MACHINE CHEST FLYS



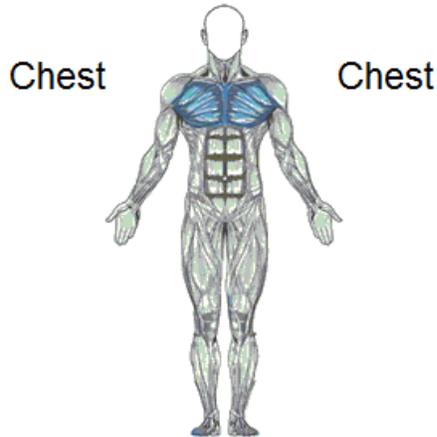
1. Sit comfortably on a **Chest / Rear Delt Fly Machine** with your torso upright and straight, and your back pressed firm against its back pad. Adjust the seat according to your height so your arms are on the same horizontal level as your chest (nipple line), then adjust the machine's arm grips so your hands are placed slightly behind your torso's vertical axis when you grab both handles, to allow your chest muscles to be fully stretched, with your elbows kept slightly bent. This will be your starting position.
2. With your chest muscles fully stretched, start pulling both arm grips together in an arc like motion until the palms of your hands are facing each other right in the middle and at your front, while being on the same level as your chest. Squeeze in your chest muscles as hard as you can while pulling the arm grips together.
3. Slowly return your arms back to their starting position in the same fashion you've pulled them forward in, and while allowing your chest muscles to be fully stretched, fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any shoulders injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your chest muscles -as it should- instead of having you rely on your arms to perform this exercise. Lower down the weight resistance if you ever felt that your arms are being more engaged than your chest muscles -which should be the main muscle group you're targeting. It is normal for you to feel a slight burn in your forearms due to the effort being done to keep holding onto both arm grips the entire time while performing this exercise.

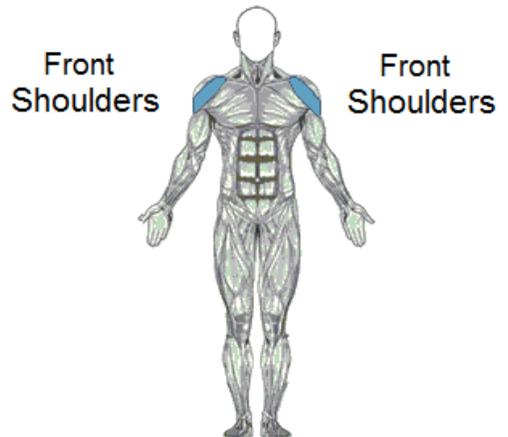
ALTERNATIVE EXERCISES: [Flat Bench Dumbbell Flys](#) / [Horizontal Cable Flys](#) / [Proper Push-Ups](#) / [Band Chest Flys](#)

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PRIMARY MUSCLE



SECONDARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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