

BAND CHEST FLYS



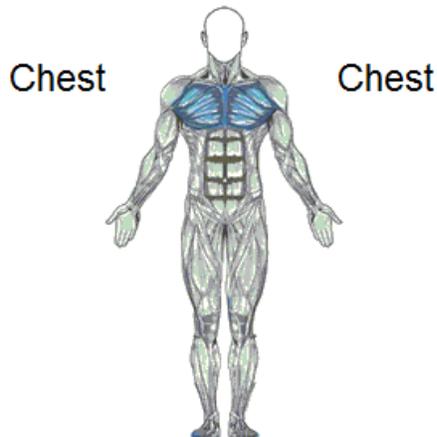
1. To move into your starting position, wrap the exact middle of a resistance band around a doorknob then grasp both it's arm grips with one in each hand, and with your back facing the door. Make sure the length of the band is equal on both sides.
1. Place your right foot forward with your knee slightly bent, and your left leg stretched a couple of feet behind to give you some balance. Make sure to leave enough space between your torso and the door so your chest is fully stretched and is kept under constant tension throughout the entire movement. Keep your arms on the same horizontal level as your chest, with your elbows slightly bent and your palms facing forward. Make sure you maintain a straight & upright torso throughout the entire movement. This will be your starting position.
2. Now use your chest muscles to draw your hands holding the arm grips all the way forward and towards the midline of your body until your palms are facing each other, with your arms fully extended right at your front while kept on the same level as your chest.
3. Squeeze in your chest muscles for a second then slowly return your arms all the way back to their starting position while using the same motion you've used to pull them forward in, and while keeping your chest muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: Band Resistance strength can be easily manipulated by either moving away from the door to make it tougher and increase it's resistance, or by moving closer to the door to decrease it's tension and make it easier to pull it. This is also a balance and coordination exercise so it's normal for you to also feel your core and legs muscles also getting engaged to keep you balanced and centered while performing this exercise.

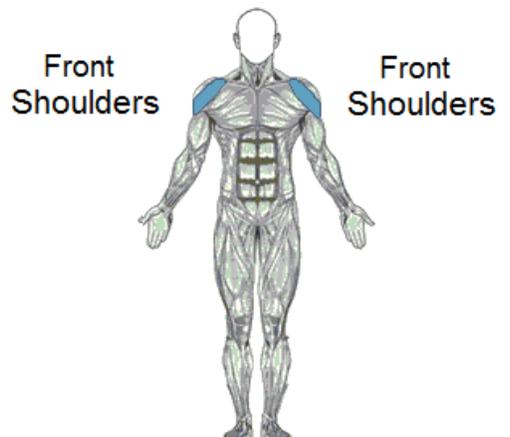
ALTERNATIVE EXERCISES: [Swiss Ball Dumbbell Flys](#) / [Stepper Dumbbell Flys](#) / [Band Upwards Chest Flys](#)

BAND CHEST FLYS

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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