

BENT OVER DUMBBELL FLYS



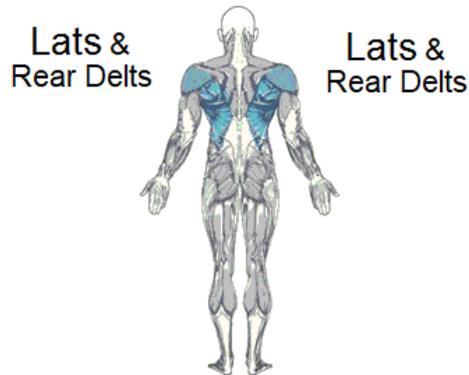
1. While maintaining a straight & upright torso, bend forward at the hip/waist until your torso is almost parallel to the floor while holding a **Dumbbell** in each hand held in a neutral grip (palms of your hands facing each other), and with your knees slightly bent. Keep your chin held slightly up to force your spine to stay straight. The weights should hang down at your front with your elbows slightly bent. This will be your starting position.
2. Start pulling both weights up and to your sides in an 'arc like motion' with a slight bent at the elbows. Go up until both your upper arms are parallel to the floor. Make sure you squeeze in your shoulder blades together as you flex your rear deltoids & trapezius muscles as hard as you can. Rely mostly on your rear deltoids & trapezius muscles to perform this exercise rather than your arms.
3. Slowly bring the weights back down to their starting position in the same 'arc like' motion you've used to pull them up, while keeping your rear deltoids and trapezius muscles fully engaged and under constant tension. Only your arms should be moving up and down with the weights while the rest of your body should remain stationary (not moving).
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting any shoulders, back and/or neck injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your rear deltoids and trapezius muscles -as it should- without putting pressure on your spine or putting your shoulders at risk for injury. Pick a lighter set of dumbbells if you ever felt that your shoulders and/or back muscles are being overstrained. It is normal for you to feel a slight burn in your forearms due to the effort being done to keep holding onto the weights the entire time while performing this exercise. It is normal for you to feel your entire back muscles also getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISE: [Rear Delts Machine Flys](#) / [Bent Over Cable Extensions](#) / [Seated Cable High Rope Rows](#)

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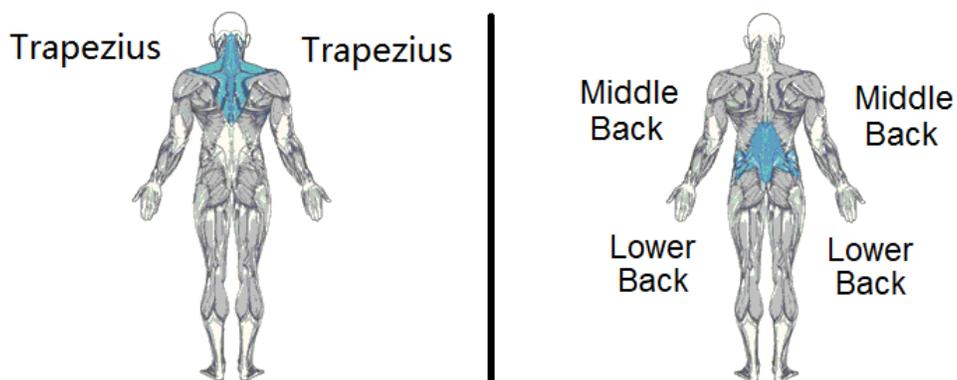
PRIMARY MUSCLE



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 **%60 - %70** when performing this exercise.

SECONDARY MUSCLES



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 **%30 - %40** when performing this exercise.

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