

SINGLE ARM REAR DELTOIDS MACHINE FLYS



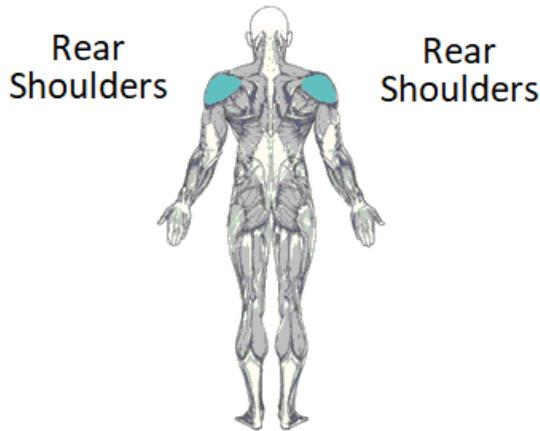
1. Sit comfortably in a reverse way on a **Chest/Rear Delts Flys Machine**, with your chest pressed firm against the machine's back pad. Adjust the seat so your arms are on the same horizontal level as your chest, then adjust the machine's arm grips so they're all the way at your front, while keeping your feet on the ground at about hips width apart. Hold the left arm grip with your left hand in an overhand grip with the palm of your hand facing down. Hold onto the pad in front of you with your other non-lifting hand to give you some support. Make sure to keep your elbow slightly bent while performing this exercise. This will be your starting position.
2. Now pull the arm grip in a semicircular motion to your side outwards & backwards, while squeezing in your shoulder blades together and flexing your left arm's rear delts & trapezius muscles as hard as you can. Rely mostly on your rear delts & trapezius muscles to perform this exercise rather than your arm. Only your arm should be moving back and forth with the arm grip, while your torso remains stationary (not moving) with your chest pressed against the machine's back pad throughout the entire movement.
3. Slowly return the arm grip back to their starting position, while keeping your rear delts and trapezius muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch arms and perform the same exact motion for the same amount of repetitions with your other arm.

CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any neck and/or shoulders injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your rear delts and trapezius muscles -as it should- without straining your neck or putting your shoulders at risk for injury. Lower down the weight resistance if you ever felt that you're overstraining your shoulders and/or neck. This exercise is not meant to be done with heavy weights, so rather focus on executing a perfect form than focusing on pulling heavy weights.

ALTERNATIVE EXERCISES: [Standing Rear Delts Cable Extensions](#) / [Bent Over Cable Extensions](#)

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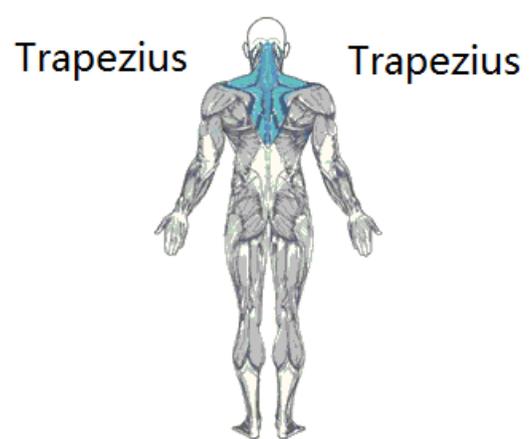
PRIMARY MUSCLE



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 MUSCLE



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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