

# REAR DELTOIDS MACHINE FLYS



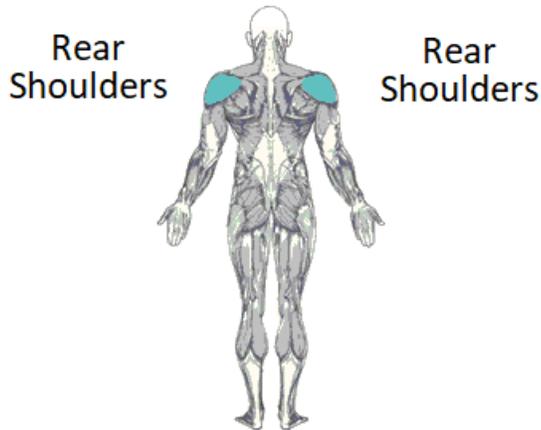
1. Sit comfortably in a reverse way on a **Chest/Rear Delts Flys Machine**, with your chest pressed firm against it's back pad. Adjust the seat so your arms are on the same horizontal level as your chest, then adjust the machine's arm grips so they're all the way at your front, while keeping your feet on the ground at about hips width apart. Hold both arm grips in an overhand grip, with the palms of your hands facing down, and make sure your elbows are kept slightly bent while performing this exercise. This will be your starting position.
2. Now pull both arm grips in a semicircular motion to your sides outwards & backwards, while squeezing in your shoulder blades together and flexing your rear delts & trapezius muscles as hard as you can. Rely mostly on your rear delts & trapezius muscles to perform this exercise rather than your arms. Only your arms should be moving back and forth with the arm grips, while your torso should remain stationary (not moving) with your chest pressed against the machine's back pad throughout the entire movement.
3. Slowly return both arm grips 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.

**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:** [Bent Over Dumbbell Flys](#) / [Bent Over Cable Extensions](#) / [Seated Cable Rope High Rows](#)

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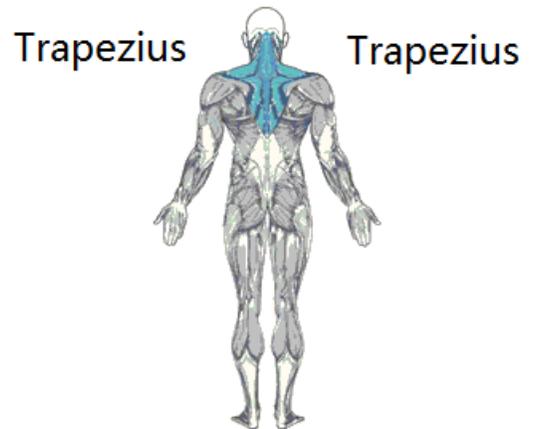
## PRIMARY MUSCLE



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 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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