

FLAT BENCH DUMBBELL FLYS



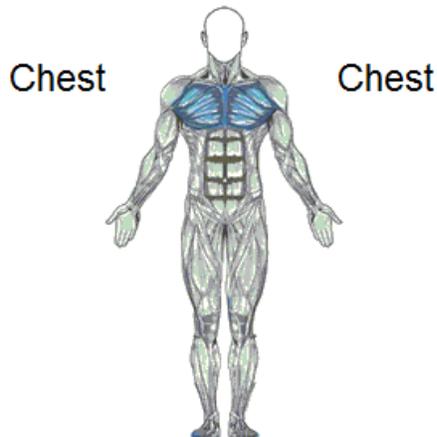
1. Lie down on a flat bench while holding a dumbbell in each hand, with your arms fully extended holding the weights right above your chest. The palms of your hands should be facing each other with your arms perpendicular on your torso. Place your feet firm on the ground a bit wider than shoulders width apart. This will be your starting position.
2. Slowly begin to lower down the weights in a wide 'arc like' motion, while simultaneously bending your elbows and bringing the weights all the way down until your chest muscles are fully stretched.
3. Squeeze in your chest muscles as hard as you can to return your arms carrying the weights all the way back up to their starting position. Make sure to use the same arc like motion you've used when lowering down the weights.
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 and/or wrists injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your chest muscles -as it should- instead of having you rely on your arms and/or shoulders to perform this exercise. Pick a lighter set of dumbbells if you ever felt that your arms and/or shoulders 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 the dumbbells the entire time while performing this exercise.

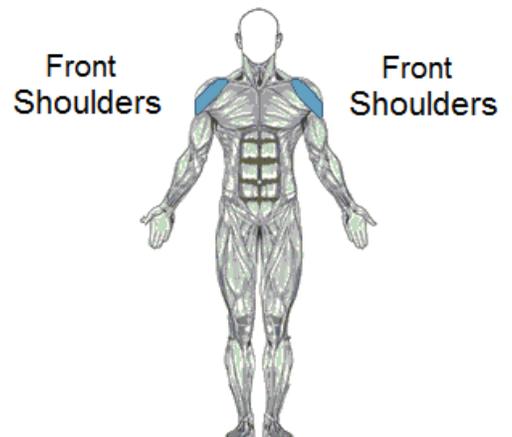
ALTERNATIVE EXERCISES: [Machine Chest Flys](#) / [Horizontal Cable Flys](#) / [Proper Push-Ups](#) / [Band Chest Flys](#)

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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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