

SEATED SIDE DUMBBELL FLYS



1. Pick a pair of **Dumbbells** and sit comfortably on a military bench or a utility gym chair with back support and no head rest. Hold both **Dumbbells** where the palms of your hands are facing forward, and with your arms fully extended hanging down at your sides. Place your feet firm on the ground at about hips width apart. This will be your starting position.
2. While maintaining a straight & upright torso, use your side shoulders muscles to lift both weights all the way up to your sides in an 'arc like' motion while keeping a slight bent at the elbows, and with the palms of your hands still facing forward. Continue to go up until the weights are right next to each other held above your head with your arms fully extended.
Tip: Make sure your torso stays stationary, and do NOT swing the weights while performing this exercise.
3. Slowly bring the weights back down to their starting position while using the same side 'arc like' motion you've used to raise the weights up, and while keeping your shoulders muscles fully engaged throughout the entire movement.
4. Repeat this motion for the recommended amount of repetitions.

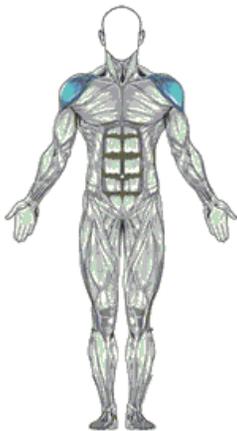
CAUTION: NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting any shoulders and/or neck injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage the side region of your shoulders muscles -as it should- without straining your neck or putting your shoulders at risk for injury. Pick a lighter set of dumbbells if you ever felt that you're over straining your shoulders and/or are tempted to swing the weights up. This exercise is not meant to be done with heavy weights, so rather focus on executing a perfect form than focusing on lifting heavy weights. 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.

ALTERNATIVE EXERCISES: [Standing Side Dumbbell Flys](#) / [Seated Side Dumbbell Raises](#) / [Standing Side Dumbbell Raises](#)

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PRIMARY MUSCLE

Side
Shoulders



Side
Shoulders

SECONDARY MUSCLE

Trapezius



Trapezius

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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