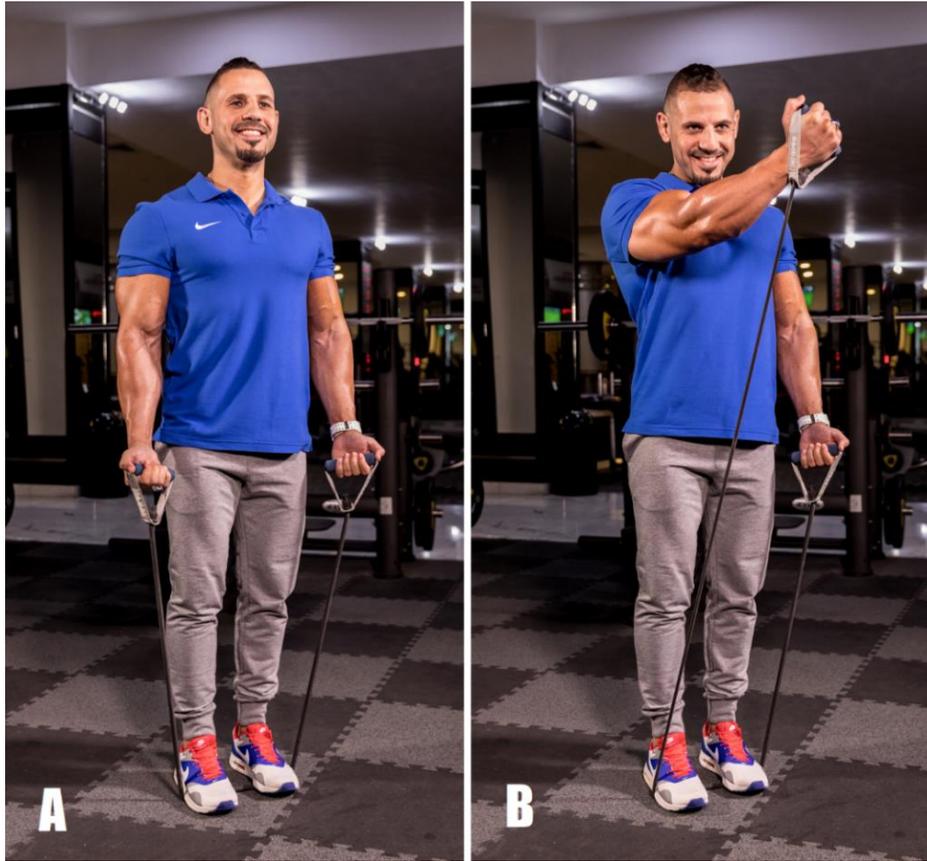


BAND SINGLE ARM UPWARDS CHEST FLYS



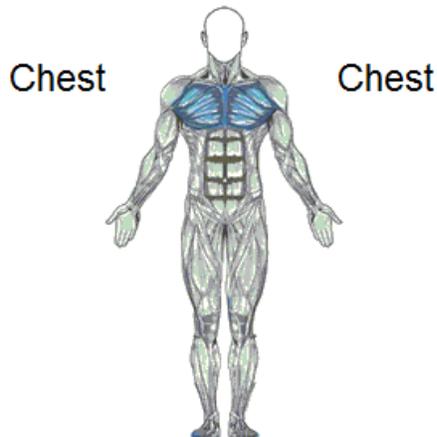
1. Stand tall while stepping firm on a resistance band with your feet placed at about hips width apart on the band. Make sure the length of the band is equal from both sides. Grab both arm grips of the band with one in each hand held down at arm's length just at your sides, with the palms of your hands facing forward. Keep your elbows tucked in and always maintain a straight & upright posture throughout the entire movement. This will be your starting position.
2. Now use your right chest muscles to raise the arm grip in your right hand in a forward & upwards motion until your hand reaches your eyesight level. Make sure to keep your elbow slightly bent, and to push your arm slightly inwards while raising the band to engage your chest muscles more than your front deltoids muscle.
3. Slowly lower the arm grip back down to it's starting position, while keeping your right chest muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Perform the same exact motion for the same amount of repetitions with your other arm.

CAUTION: Band Resistance strength can be easily manipulated by simply moving your feet inwards or outwards. You can increase the band strength by moving your feet away from each other to make the band shorter -tougher to raise, or you can decrease the band strength by moving your feet closer to each other and make it longer -easier to raise.

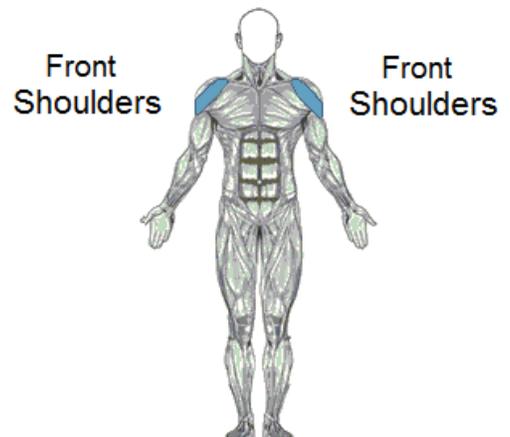
ALTERNATIVE EXERCISES: [Band Cable Flys](#) / [Stepper Dumbbell Flys](#)

BAND SINGLE ARM UPWARDS CHEST FLYS

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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