

SWISS BALL DUMBBELL FLYS



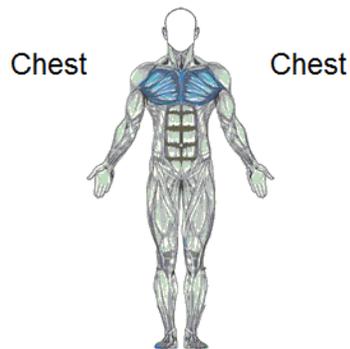
1. Lie down with your back arched comfortably on a stable Swiss Ball while holding a dumbbell in each hand, with your arms fully extended holding the weights right above your chest. The palms of your hands should be facing each other with your arms perpendicular on your torso. Place your feet firm on the ground at about hips 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: This exercise is meant to engage your chest muscles but it's also a balance & coordination exercise that will force you to also engage your core & legs muscles just to keep your torso balanced and centered on the ball while performing the exercise. NEVER use a heavy set pair of dumbbells when performing this exercise to avoid losing balance and getting injured.

ALTERNATIVE EXERCISES: [Stepper Dumbbell Flys](#) / [Band Chest Flys](#) / [Bent Knees Assisted Push-Ups](#)

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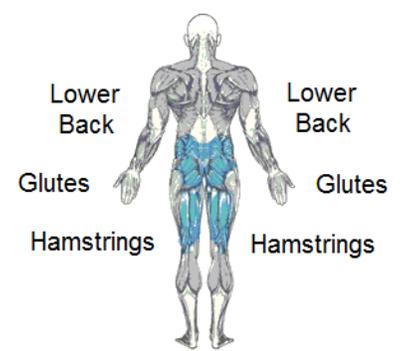
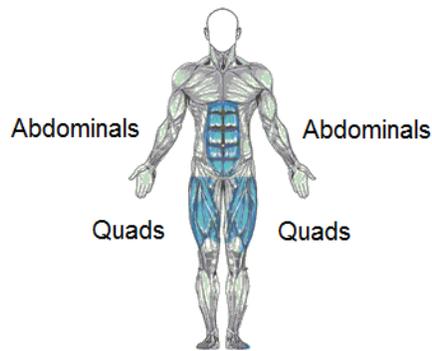
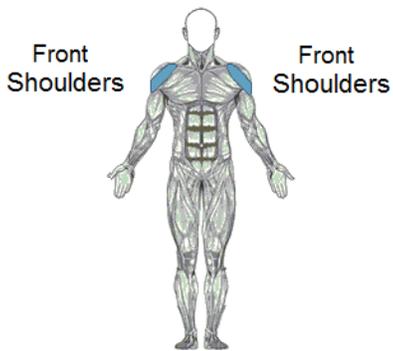
PRIMARY MUSCLE



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 MUSCLES



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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