

Chest Fly Pullover Combination Exercise

Purpose: Build strength for the upper body

Target Muscles: Chest (pectoral) muscles and back (lats)

Assisting Muscles: Triceps, shoulder, abdominal core

Equipment Needed: Dumbbells, bench or stability ball optional

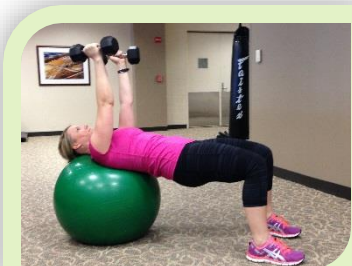
Start Position: Begin lying on our back, using either a weight bench or a mat on the floor. Holding dumbbells in each hand, extend the arms straight over your chest. *Bending the knees to rest the feet flat on the bench can help stabilize the lower back.

Chest Fly: In a controlled motion, inhale to slowly open the arms out wide to the sides of your body. Keep a soft bend in the elbows. Exhale as you squeeze across the chest to slowly bring the arms back up to start position.

Pullover: Inhale as you slowly lower the arms and weight back behind the head. Elbows have a soft bend. You should feel a point of tension across the outer sides of the back and along the upper ridge of the abdominals. Exhale to pull the arms back and weight over the chest returning to start position.

Repeat: Each chest fly-pullover combination counts as one rep. Repeat 8-12 repetitions for two or three sets total, with 30-60 seconds of rest between sets.

Modification



Increase the challenge of this exercise by performing it on a stability ball instead of a weight bench or on the floor. Only the upper torso rests on the ball, requiring more work from the abdominal and lower back core muscles. The hips, thighs and glutes become involved as they work to hold the body in position.

