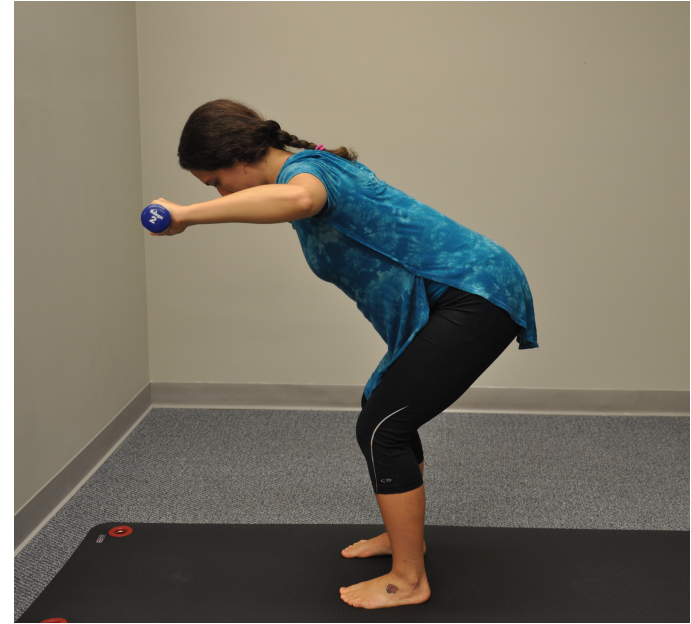


## Reverse Flies



Begin by standing with the feet hip distance apart. Bend at the knees and the hips, NOT the back. Notice how straight the spine is in both pictures. Keep the deep abs engaged and lift the weights by squeezing the muscles in the upper back, between the shoulder blades. When you complete one repetition, the elbows will be bent 90° at shoulder height and the fists will be facing forward. Do 3 sets with 5-10 reps in each set.

It is easy to move the weights just with arm strength; however, the purpose of this exercise is to strengthen the rhomboid muscles (the ones between the shoulder blades). It is sometimes helpful to have someone watch you to make sure you are squeezing the upper back and maintaining a straight spine.