

Chest Fly

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Chest

Lay on your back on a mat or floor, keeping knees bent with feet flat on the floor. Holding the appropriate weight in each hand, extend arms straight up over chest with weights touching, keeping a slight bend in the elbow. This is the starting position. Open arms slowly, lowering them until your elbows touch the ground, then return to the starting position in a smooth and controlled movement.

Repeat for 2-3 sets of 8-15 reps.