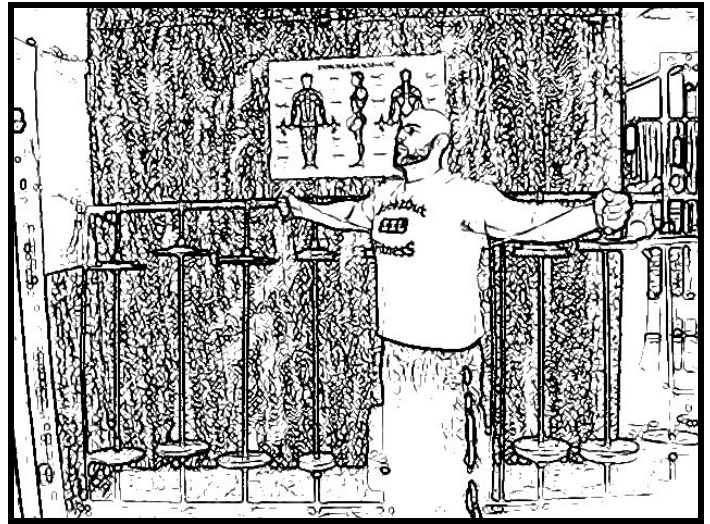
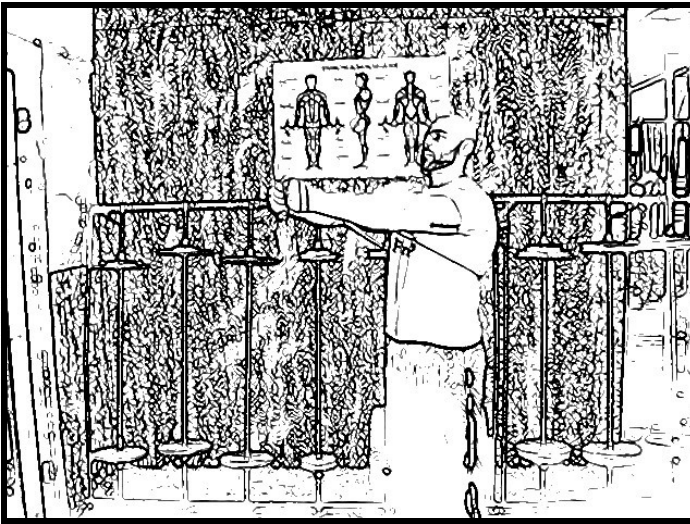


Chest Fly

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- Try to get 30 minutes of moderate activities (brisk walking, bike riding) 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Pectorals, Upper Arm and Shoulder muscles

Stand with feet shoulder width apart, the middle of the band flat and wrapped around the back. Grasp the ends of the band in each hand and extend both arms out in front, thumbs toward the ceiling, with a moderate stretch on the band. This is the starting position. Inhale and open the arms out to the sides, staying in line with the shoulders and maintaining a slight bend in the elbows and thumbs toward the ceiling. Exhale and return to the starting position for one repetition. Focus on smooth and controlled movements throughout the exercise to keep tension on the muscles.

Continue for 2 sets of 8-15 reps.