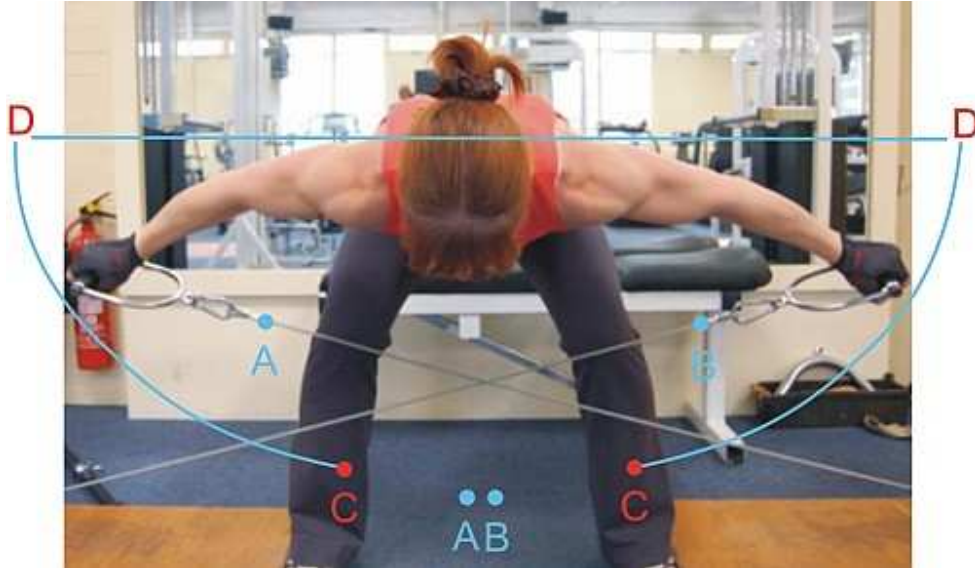


Exercise Guide for a Glorious Look!

Deltoid Muscle - Rear Head Reverse Cable Fly Set Up



From Start to UP and Down again!



Cables are fixed at floor level.

Take the **right cable with the left hand** and the **left cable with the right hand**.

Position yourself in the middle with feet well shoulder wide apart

Bend forward with your **hands crossed over** and **close to the thighs**.

Keep the **lower legs vertically to the floor** in all directions. That means that you will have to stick out your rear quite a bit. It's more like sitting on a chair that is not there - others might think it feels a bit like mocking a gorilla.

Keep the **back parallel to the floor** and the head straight.

Now **bring your hands to the front (C)** and you will feel that you need this weird posture to counter the weight pulling on your front. If the bum wouldn't be sticking out you would tilt over.

Keep **buttocks clenched** to support the lower back in holding the weight.

In the down position the **hands are in front of the lower leg** and the fixings of the handle are just not crossing.

Take a **deep breath in through the nose** and **pull the weights up** in a nice controlled movement **while breathing out** through the mouth.

That counts as 1 repetition.

Then - as controlled as in the UP movement - **let the weight down** again while **breathing in** through the nose.