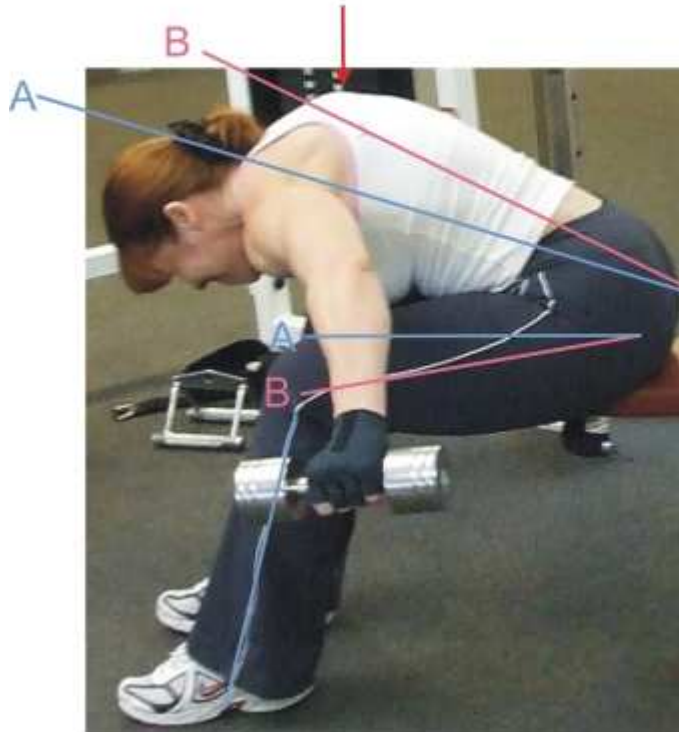


Exercise Guide for a Glorious Look!

Deltoid Muscle - Back Head Dumbbell Reverse Fly - Seated

Set Up



This bench is actually too high for me the thighs should be parallel to the floor with the buttocks rather a bit lower then higher.

The feet have to be a bit in front of the knees what makes it even trickier

That way I could rest the tummy more comfortably on the thighs and would be able to avoid the nasty bend in the shoulder area.

I used the same weight as in the 'Reverse Fly - standing bent' what was too much.

The above picture shows clearly where the problems lie in this exercise. I have short legs and usually the benches or chairs are too high for me.

The ideal lines would be the blue ones (A), but because my bum is too high and the feet have to be a bit in front of the knees, the thighs point downhill (B). I can't bend enough to lie on my thighs so the upper body is too upright (B).

I can't use the thighs together with the tummy muscles to counter the weight as the angle between them is too big. The upper back alone is not strong enough to hold the weight and the shoulders are sagging down causing a nasty bend in the back.

For this exercise it is essential to have a seat in the right height!

From Start to UP and Down again!



The start point is under the thighs.

Here it becomes visible that I have to bend the back right from the beginning because I have trouble keeping the feet together. As I'm sitting too height it becomes wobbly. So the arms barely fit around the legs.

Grab the weight and sit on a suitable bench.

Place the **feet next to each other in front of the knees.**

Bend forward until you lie with a straight back comfortably on your legs.



Hold the **dumbbells under your thighs**, take a **deep breath in** through the nose and **lift the weight** while **breathing out** through the mouth.

This is a very controlled movement and the weight should NOT be yanked up.

That counts as 1 repetition.

Let the **weight down** in a very controlled manner **while breathing in.**