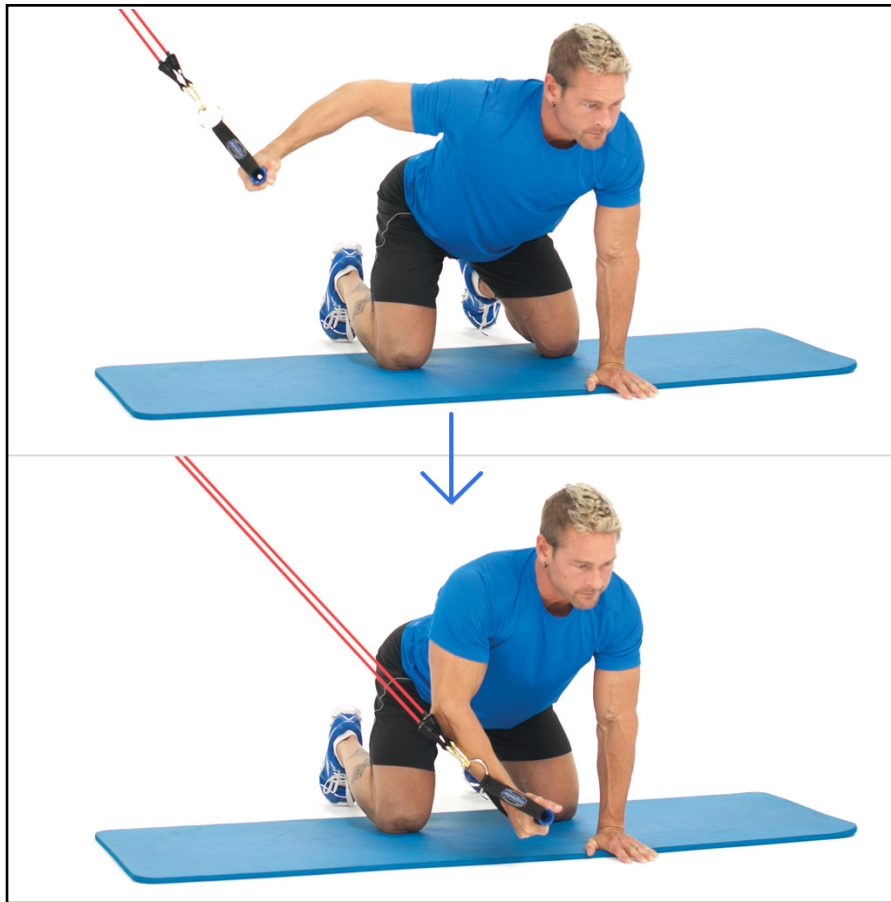


# Kneeling One Arm Fly With Bands

Area Targeted: Middle Chest



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=04KSbofLX9s>

## INSTRUCTIONS:

### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at the top of the door.

**Bands:** Attach both ends of the band(s) to one handle, and grip the handle with one hand.

**Body Positioning:** Kneel 3 to 4 feet away from the door, with your active side facing the door. Position your active arm so that the upper arm is parallel with the floor, and elbow is slightly bent. Keep your back straight and chest up.

### MOVEMENT:

Pull the handle(s) down and around until your hand is almost touching the floor, right below your chest. Return to the starting position (controlling the resistance). Repeat.

### POINTS TO REMEMBER:

1. Keep your arm frozen in position with a slight bend in the elbow.