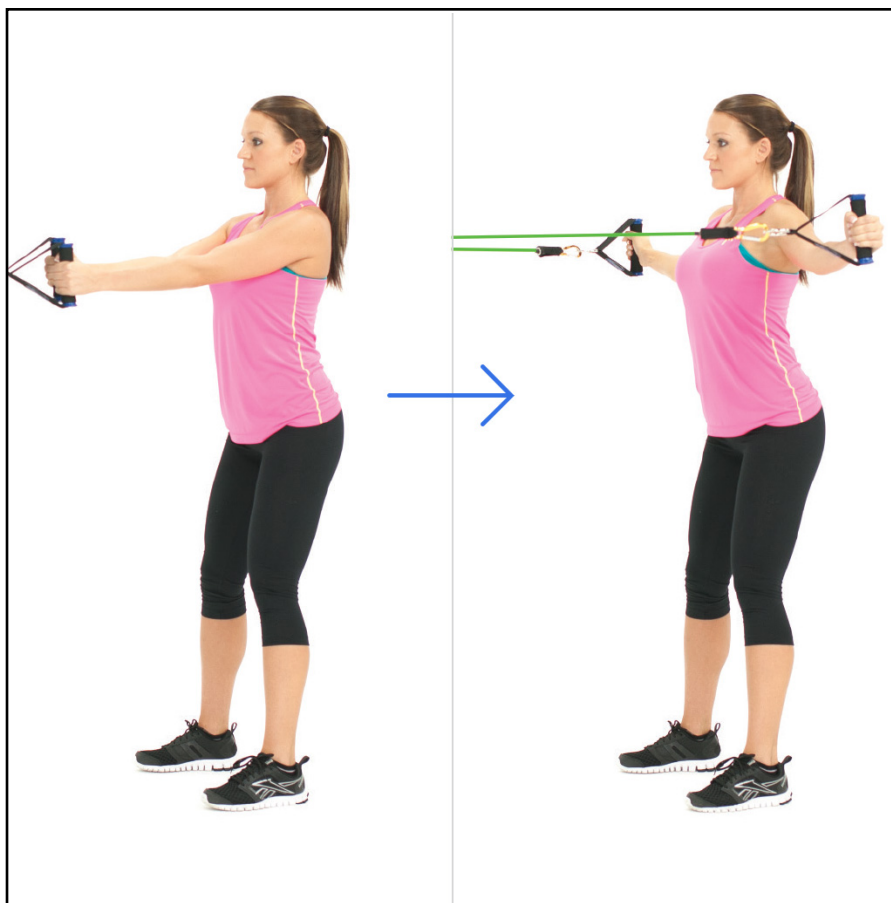


Reverse Fly With Bands

Area Targeted: Rear Shoulder



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=vJ9tLA7DnN0>

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at chest height.

Bands: Attach a handle to each end of the band(s).

Body Positioning: Grip a handle in each hand and stand 3 to 4 feet away from the door while facing the door. Keep your chest up, head straight and legs slightly bent. Your arms should be straight, pointed towards the anchor, with elbows at shoulder height and palms facing in.

MOVEMENT:

Pull the handles back and around, moving your arms from out in front of your body to directly out to the side.

POINTS TO REMEMBER:

1. Keep just a slight bend in your elbow as you pull back.