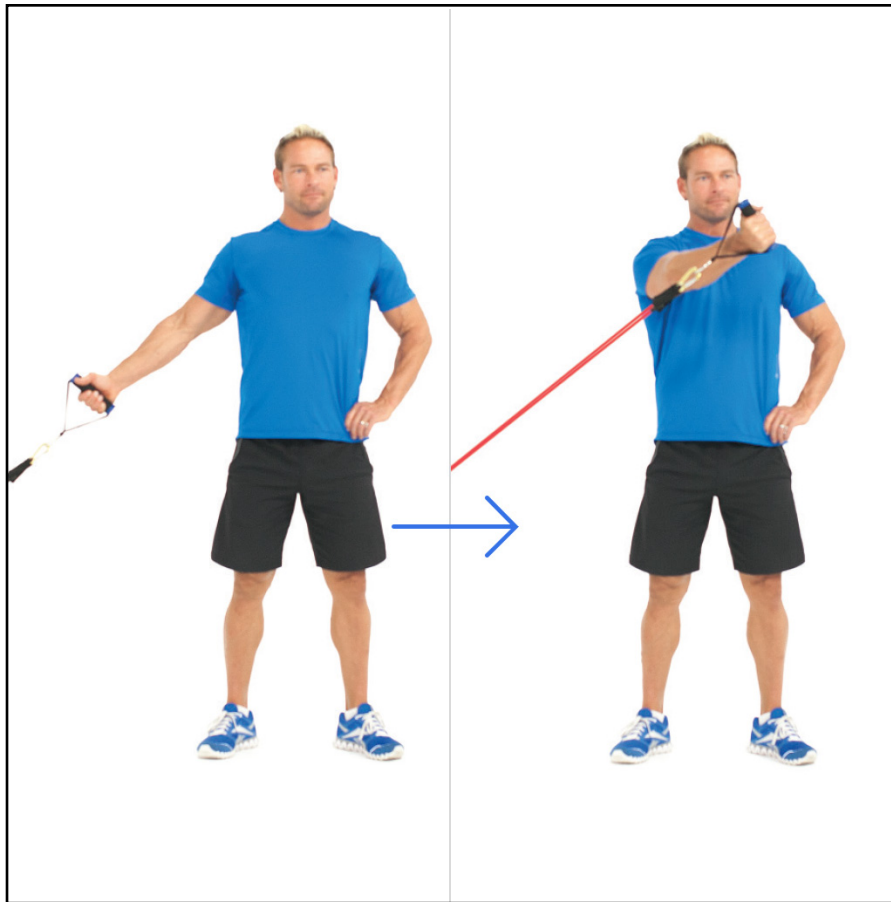


## Standing Chest Fly (Low) With Bands

Area Targeted: Upper Chest



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=qm3QM5Wic94>

### INSTRUCTIONS:

#### SET UP:

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

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

**Body Positioning:** Stand 3 to 4 feet away from the door with your active side facing the door. Position your arm so that it is pointing down towards the door anchor and has a slight bend. Your palm should be facing forward. Keep your back straight, head straight, chest up and feet shoulder width apart.

#### MOVEMENT:

Pull the handle up and around until your arm is right in front of your chest. Return to the starting position (controlling the resistance). Repeat.

#### POINTS TO REMEMBER:

1. Keep your arm frozen with a slight bend in your elbow throughout the movement.
2. Keep your shoulders square, do not rotate your upper body as you pull the handle.