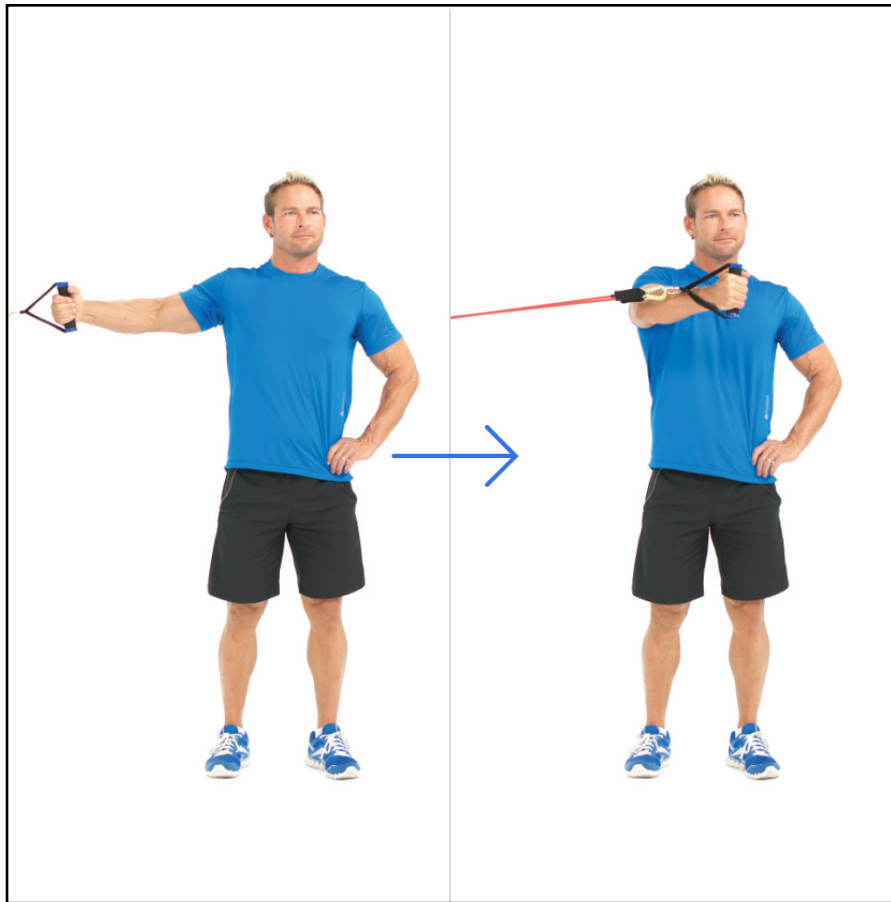


Standing Chest Fly (Mid) With Bands

Area Targeted: Middle Chest



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=RtF3ox0Ga2c>

INSTRUCTIONS:

SET UP:

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

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 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(s) around until your arm is right in front of your chest.

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(s).