

# Incline Fly

Equipment Needed: Incline Bench, 2 Dumbbells



## Start at this Position:

- Adjust the incline bench to the lowest setting.
- Gripping a dumbbell in each hand, lie face up on the incline bench.
- Extend your arms, aligning the dumbbells with your neck. Palms face in.
- *Note: To alleviate stress on your shoulders, an optional diagonal grip may be used. To create one, rotate your wrists inward. Refer to Figure A.*
- Keep a slight bend in your elbows. Do not bend your wrists.

## Steps to Performing the Exercise:

### 1. Start Position



Inhale as you slowly bring both dumbbells outward.

### 2. Middle Position

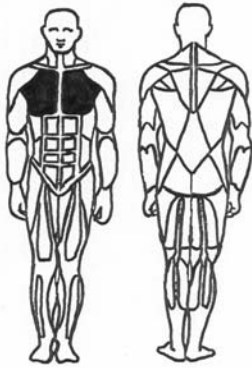


As you continue to bring the dumbbells outward, concentrate on keeping them aligned with your neck.

### 3. End Position



Near the end of the movement, *slightly* bend in at your elbows to enable a full range of motion. *Refer to Figure B. Bend earlier for heavier weights.* Hold for 1/2 a second, slightly thrusting out your chest, feeling the stretch in your chest, not your shoulders.



**Region: Chest**

- Primary Muscles Worked: Upper Pectorals

**Focus on Your Form:**

- Throughout the entire range of motion:
  - Keep your head and the small of your back on the bench.
  - Keep the dumbbells aligned with your neck.
  - Do not bend your wrists.
- At start position, do not lock out your elbows.
- At end position, thrust your chest to prevent shoulder fatigue.

**4. Return to Middle**



Exhale as you slowly return to starting position.

**5. Return to Start**



Do not lock out your elbows. Hold for 1/2 a second, squeezing your chest. Repeat the movement for the recommended number of repetitions.

*Figure A*



*Figure B*

