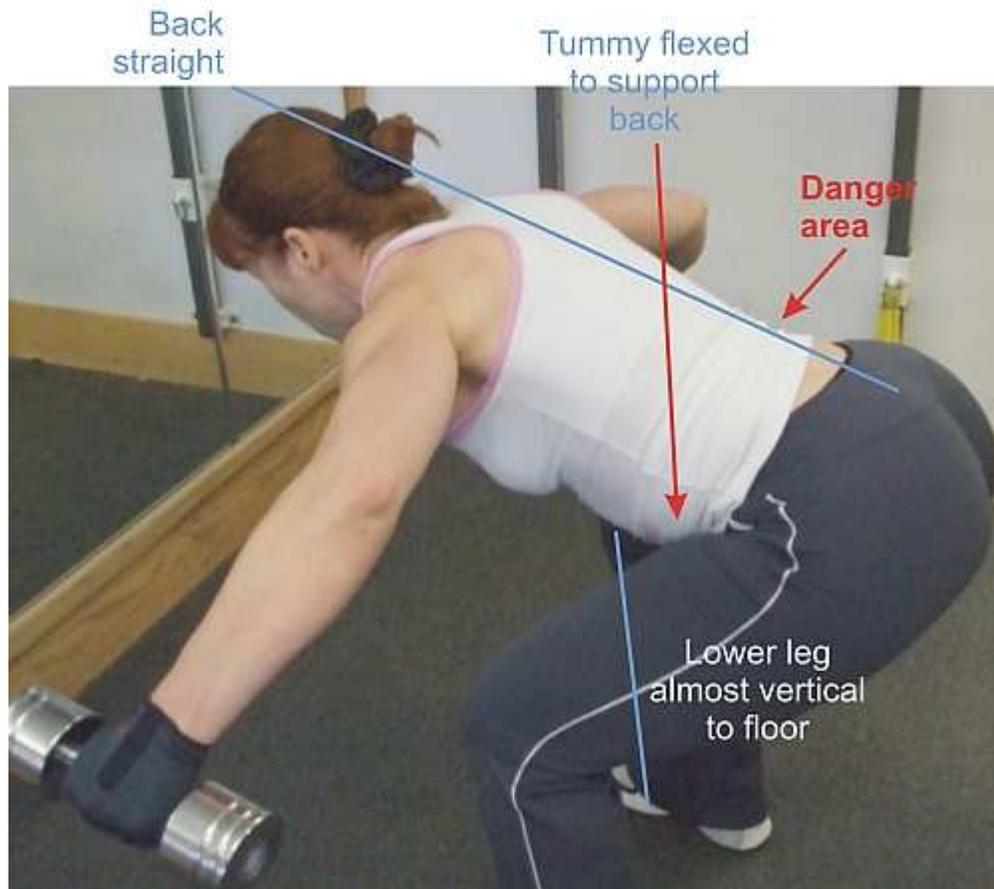


Exercise Guide for a Glorious Look!

Deltoid Muscle - Back Head Dumbbell Reverse Fly Set Up



The posture is the same as with the [Bent Cable Fly](#), but the cables provide a certain stability while with the dumbbells the entire weight is to be held by the back. The tummy basically is lying on the thighs to support the back.

From Start to Up and Down again!



Grab the weight, bend over and **rest the elbows** on the thighs until you feel comfortable in your set up.

The **feet** are **shoulder wide** apart and flat on the ground, **knees** are pointing **forward**.

Lower legs are almost **vertical** to the floor, so the thighs, buttocks, lower back and tummy have to be flexed.

Breathe comfortably during setting up.



Check your posture one more time, flex every muscle necessary and **take your elbows off the thighs**.

The weight will pull you down immediately. Have that under control and bend until the **upper body** is almost **parallel to the floor**.

The weight is in front of the legs in the middle at about the height of mid lower leg.

The **arms** are slightly **bent**.



Take a deep **breath in** through the nose, and **raise the arms** as high up as possible while **breathing out** through the mouth.

This is a controlled movement. Because it is a difficult exercise the first impulse is to yank the weight up, but keep it as controlled as possible.

This counts as one repetition.

Slowly let the weight down and **breath in** through the nose.