

Reverse Flies - Both-legged - Group: Flies



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Back, Shoulder

Muscle Secondary: Arm, Abdominis

Difficulty: Easy

Other: Hip height, 1 Sling, Dynamic

Description

1. The upper body is erected by (almost) stretched elbow joints and simultaneous movement of the arms to the outside. 2. The upper body is brought back by returning the arms to the starting position.

Advice

In the final position, try to bring the scapulae as close together as possible to optimally load the upper back muscles. If you put the feet off, the exercise is much easier.