

Flies

| | |
|---|---|
| A-Flies | 2 |
| Reverse Flies - Both-legged | 3 |
| Reverse Flies - one-legged | 4 |
| Reverse Flies - staggered foot position | 5 |
| Y-Flies - one-legged | 6 |

A-Flies - 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

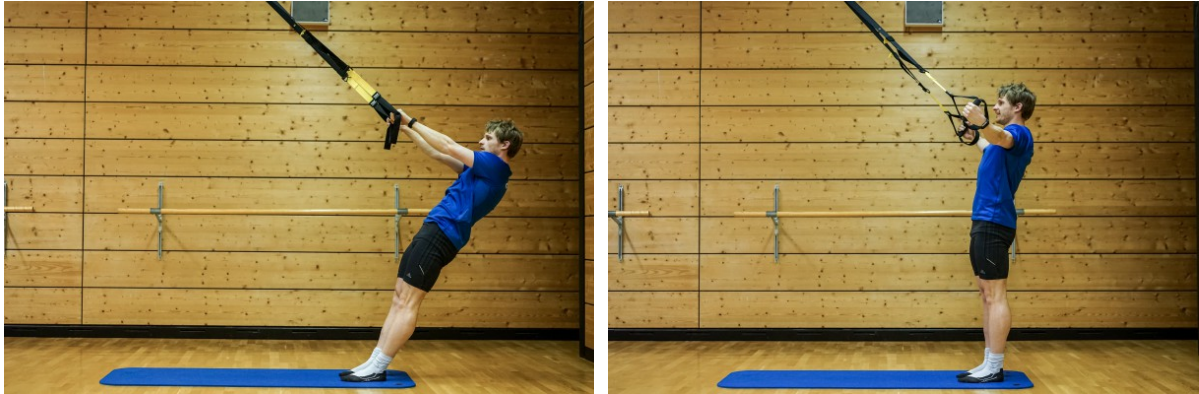
Description

1. The upper body is erected at (almost) stretched elbow joints and simultaneous movement of the arms down. 2. The upper body is brought by return of the arms in 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.

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

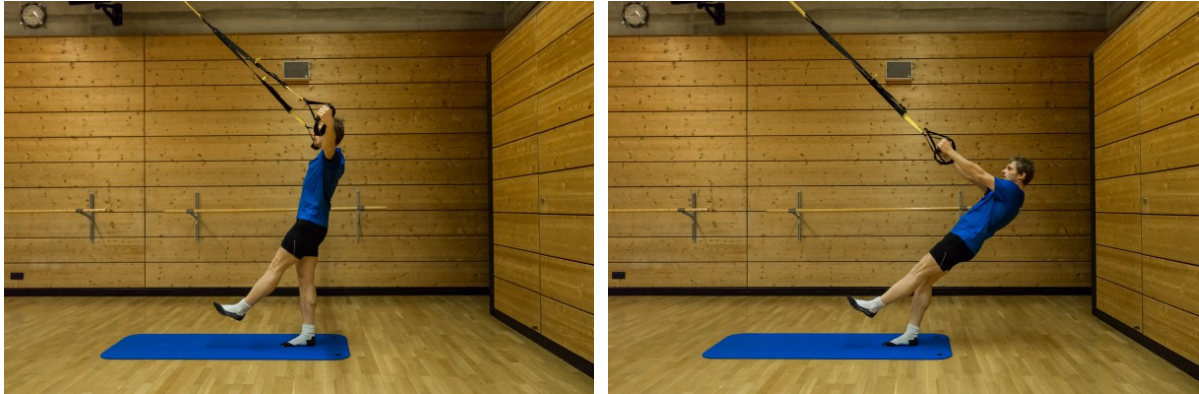
Description

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.

Reverse Flies - one-legged - Group: Flies



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Shoulder, Back

Muscle Secondary: Arm, Abdominis

Difficulty: Medium

Other: Shoulder height, 1 Sling, Dynamic

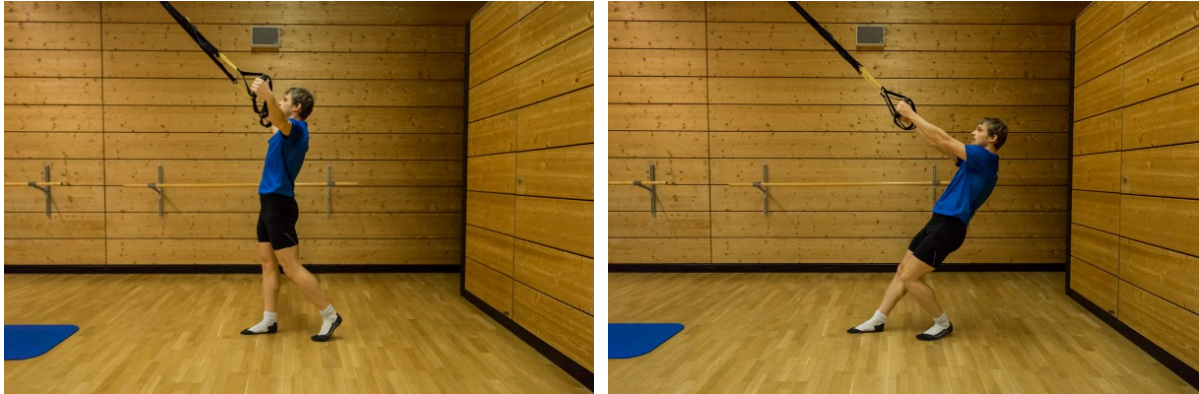
Description

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.

Reverse Flies - staggered foot position - Group: Flies



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Back, Shoulder

Muscle Secondary: Abdominis, Arm

Difficulty: Easy

Other: 1 Sling, Shoulder height, 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.

Y-Flies - one-legged - Group: Flies



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Back, Shoulder

Muscle Secondary: Abdominis, Arm

Difficulty: Easy

Other: 1 Sling, Shoulder height, Hip height, Dynamic

Description

1. The upper body is erected at (almost) stretched elbow joints and simultaneous movement of the arms upwards. 2. The upper body is brought by return of the arms in 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.