

## Exercise The Right Way - The Flat Dumbbell Fly

Other articles in this series looked at a number of exercises, mainly from the perspective of developing a comprehensive muscle building program. Sometimes we take things for granted, especially when it comes to performing the basic exercises that constitute the core of most bodybuilders' training regimes. It is useful, therefore, to describe in detail the processes involved in actually doing these exercises. This will help beginners to start out using the correct techniques before moving on to potentially more dangerous heavy weights. If it also helps more experienced lifters to redress some of the little faults that have almost imperceptibly crept in over the years, all the better. In this article we'll take a close look at the flat dumbbell fly.

**MUSCLES TARGETED:** pectoralis major **STARTING POSITION** Grasp two dumbbells using a closed grip.

Assume a supine position on a bench.

Press the dumbbells to an extended elbow, parallel arm position above the chest.

Rotate the dumbbells to a neutral grip.

Slightly flex the elbows and point them out to the sides.

This is the starting point for all repetitions. **DOWNWARD MOVEMENT** Allow the dumbbells to lower in a wide arc until they are level with the shoulders or chest.

Keep the dumbbell bars parallel to each other as the elbows move downward.

Keep the wrists rigid and the elbows held in a slightly flexed position.

Keep the dumbbells in line with the elbows and shoulders. **UPWARD MOVEMENT** Pull the dumbbells up toward each other in a wide arc back to the starting position.

Keep the wrists rigid and the elbows held in a slightly flexed position.

Keep the dumbbells in line with the elbows and shoulders.

Repeat or finish set.

## About the Author

Weight lifting exercise and effective free weight exercises. Build muscle using effective compound weight.

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