Exercise technique

High-to-low band chest fly

Added band technique / Trainer-selected repetitions



START / arms open below shoulders

FINISH / hands forward and down

GRIP / Neutral handles / fly arc

SETUP / Two secure rear anchors at high level; one continuous band per handle.

MOVE / Sweep forward and down toward the upper abdomen without straightening the elbows.

RETURN / Return slowly; wrists stay aligned, with no forced twist.

MAIN / RED
Pectoralis major: draws the upper arm forward and toward the chest midline.

SECONDARY / BLUE
Anterior deltoid assists; shoulder-blade and rotator-cuff muscles guide the motion.

SUPPORT / GREEN
Abdominals resist arching and rotation; hips and legs steady the split stance.

RESISTANCE BANDS