Exercise technique

Box-seated two-arm band chest fly

Added band technique / Trainer-selected repetitions



START / arms comfortably open

FINISH / hands meet before chest

GRIP / Neutral handles / fly arc

SETUP / Two secure rear anchors at shoulder-height level; one continuous band per handle.

MOVE / Sweep both upper arms forward in a hugging arc; keep elbows softly bent.

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
Trunk stabilizers and planted feet hold a steady seated base.

RESISTANCE BANDS