Exercise technique

Single-arm band chest fly

Added band technique / Trainer-selected repetitions



START / working arm open **FINISH / handle near chest midline**

GRIP / Neutral handles / fly arc

SETUP / One secure rear/side anchor at chest-height level; one continuous band per handle.

MOVE / Draw one upper arm across the front of the chest without turning the trunk.

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