Exercise technique

Standing mid-height 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 chest-height level; one continuous band per handle.

MOVE / Sweep both upper arms forward in a hugging arc; keep a soft elbow bend.

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