

Dumbbell Flyes

The dumbbell fly exercise is an isolation exercise for the chest which can be used to add volume to a workout to promote adaptation. The exercise allows for good range movement in the chest / shoulder area and therefore activation of the chest fibres.

Teaching Points

- Select the appropriate dumbbells, sit on and bench and place on the thighs
- Lie back on the bench, feet firmly on the floor
- Arms outstretched above the chest, with palms facing each other
- Have a slight bend at the elbow joint and open your arms from the shoulder joint (big barrel!)
- Bring arms down until they are parallel to the floor
- Pause and return to the start closing your arms (little barrel!) contracting your chest



Target Muscles

Primary Muscles: pectoralis major, anterior deltoid, bicep brachii

Secondary Muscles: brachialis, tricep brachii, wrist flexors

Look out for: arching of the back, bringing their head up off the bench, feet leaving the floor, more of a pushing (bench press) movement rather opening and closing of the arms, one arm lowering more than the other.