Title: Bench Cable Flyes

Primary Muscle Groups: Chest

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Laying flat on a bench take hold of each cable and position the handles directly above your chest. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">With only a slight bend at the elbow, allow the cable to slowly pull your arms outwards until they reach the same horizontal level as the bench. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Contract your pectorals and pull the handles back inwards, without using your biceps.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Finish the repetition with the cables together above your chest in the starting position. </span></li>

</ol>