Title: Bosu Ball Chest Dumbbell Flyes / Flies

Primary Muscle Groups: Abs, Chest

Secondary Muscle Groups: Shoulders, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin by sitting on the floor with your lower back against the side of the Bosu ball, and with the dumbbells resting on your upper thighs. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower yourself back onto the Bosu ball while bringing the dumbbells onto your chest. Naturally you should create a straight bridge from your knees to your shoulders.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Extend the dumbbells upward so that they are directly above your chest, without locking your arms, while keeping you hands internally rotated.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower the the dumbbells away from each other, opening your chest while creating tension. Be sure not to lower the dumbbells past your shoulder line.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring the dumbbells back inwards to meet in the central starting position. Like hugging a barrel. </span></li>

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