Title: Reverse Flyes

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs, Upper Back &amp; Lower Traps

Summary: <ol>

<li>With a dumbbell in each hand in a neutral grip,  lie face down on an incline bench. Your palms should be facing inwards.</li>

<li>Extend your arms out in front of you so that they are at right angles to the bench. Keep your legs stationary but with pressure on the balls of our feet and toes. This is the start position.</li>

<li>Keeping a slight bend in your elbows, move the weights  away from each other  in an arcing motion exhaling as you do so.</li>

<li>Continue expanding your arms until they are parallel to the floor.</li>

<li>Hold and squeeze your shoulder blades together</li>

<li>Return to the starting position inhaling as you do so.</li>

<li>Repeat .</li>

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