Title: TRX Suspension Straps Deltoid Y Flyes

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Neck &amp; Upper Traps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Secure a firm grip on a pair of TRX bands. Straighten your lower back and tighten your core before leaning back. Place your weight into your feet.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Focusing the tension in your shoulders, extend your arms overhead. Keep your arms straight and continue pulling upward until your feet are completely flat with the floor.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Reverse the movement, slowly bringing yourself back into a leaning position with a tight core and flat back.</span></li>

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