

RHOMBoids WORKOUT



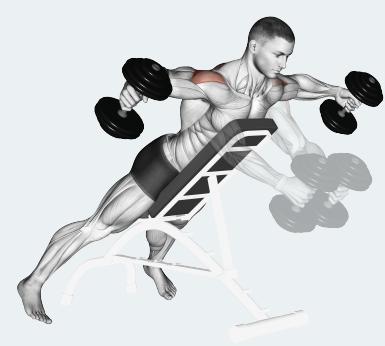
① Seated Machine Rear Fly

- Adjust seat height so that when you grasp the vertical handles with a neutral grip, wrists and elbows are in-line with the height of the shoulders.
- With shoulder blades down and back, arms out in front at shoulder height and a slight bend in the elbow, horizontally extend the shoulder joint to form a T-shape with the upper body.
- Return to starting position while keeping traps engaged & upright torso.



① Standing Cable Rear Cross Over

- Standing with feet shoulder width apart and a slight bend in the knees, grasp the left handle with your right hand and the right handle with your left hand so they cross over in front of you.
- With shoulder blades down and back, arms out in front at shoulder height and a slight bend in the elbow, horizontally extend the shoulder joint to form a T-shape with the upper body.
- Return to starting position while keeping traps engaged and upright torso.



① Dumbbell Reverse Fly

- Whilst lying prone on a bench set up between 30-45°, hold dumbbells in with a neutral grip and arms extended straight out with a slight bend in the elbow.
- With shoulder blades down and back, arms out in front at shoulder height and a slight bend in the elbow, horizontally extend the shoulder joint to form a T-shape with the upper body.
- Return to starting position while keeping traps engaged and upright torso.



KEY:

FX



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ISO



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