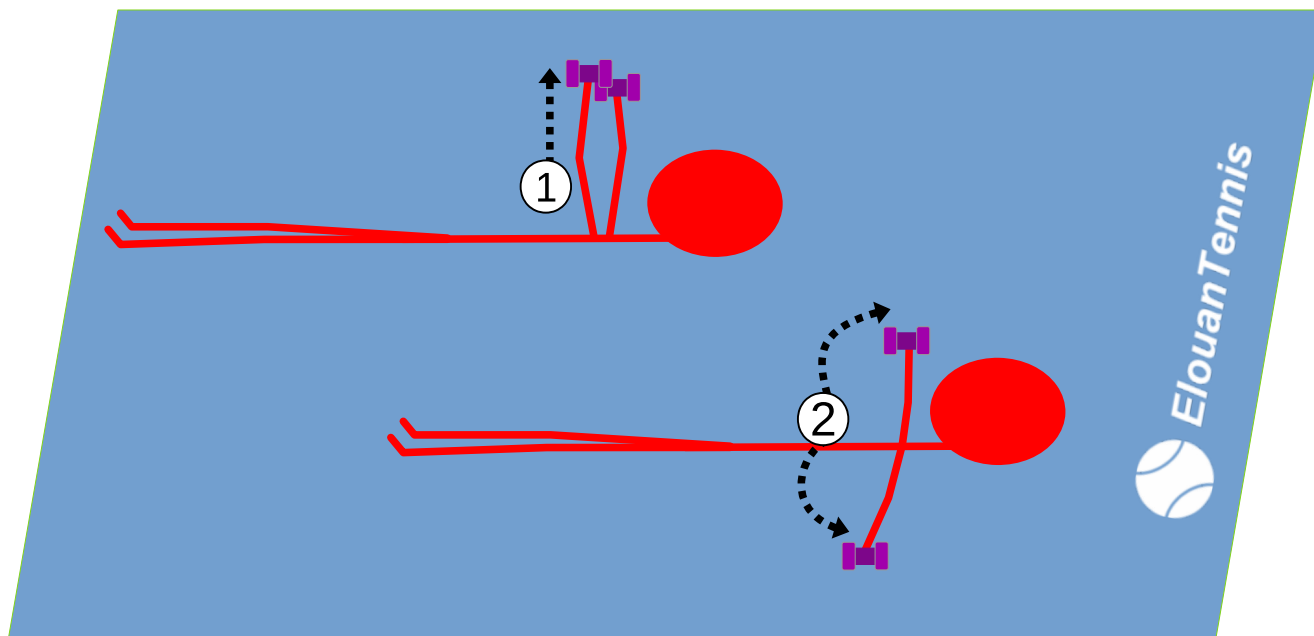


318 Physical exercise – Dumbbell flies

Category(s):	Physics
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	10 min
Materials:	plot



Hi!

Today, we're going to target your pecs with a classic, but always formidable, exercise: dumbbell flies.

Lie down on your gym mat, with your back straight and your legs stretched out on the floor. Hold a dumbbell in each hand, your arms stretched upwards. The dumbbells should be aligned with the center of your chest. Keep a slight bend in your elbows to avoid overstressing your joints, but don't let your arms go completely relaxed either.

Slowly lower the dumbbells to your sides, as if you were opening your arms for a big hug. The descent should be fluid and controlled, and you should feel a progressive stretch in your chest. Once your elbows touch the floor (your hands should not touch the floor), gently bring them back up following the same trajectory. Finish by bringing the dumbbells back to the starting position, parallel and aligned above your chest.

Repeat 10 to 15 times, for 3 to 4 sets with 30 second breaks.

This exercise targets the pectorals while improving their structure and strength. Maintain control throughout the movement and breathe deeply to maximize effectiveness.



Elouan Tennis Drill Maker (ETDM)
Software for creating & editing tennis exercises



<https://elouan-tennis.com>