

EXERCISE

Chest Fly

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

We're going to demonstrate the chest fly which is performed lying on a bench.

The area that we're working is the upper body and the primary muscles that we're working are the chest and the front head of the shoulder.

I'm going to get my client (Dom) to take a seated position and then take the dumbbells onto her lap.

Then get your client to lie themselves down and bring the dumbbells towards their chest.

Once they're at chest level, make sure that the client is happy and that they're sturdy. We want the feet to be nice and grounded - a nice stable base.

Once they're in position, press the arms up over chest level with the hands and the palms facing in.

So what I want you to do from here now, Dom, is take the hands out nice and wide to the sides, keeping the inside of your arm pointing to the ceiling.

Once you feel a stretch through your chest, pause and then drive your hands inwards to the top.

It's important to make sure that the client is happy with the range of motion, particularly if you're working with clients who've got shoulder issues. You might want to restrict the range of motion very slightly.

So if you can just continue for me, Dom. Try not to rotate the arm. We want the inside of the elbow and the palm facing upwards as we squeeze to the centre. Good working out. Brief pause and then squeeze into the centre.

You might need to consider the tempo of the movement - so we have a nice, smooth, outward motion - say, up to two to three seconds. Bit of a pause and then squeeze nice and quick on into the centre. Another teaching point you might need to consider is breathing. Make sure that the client, as they're coming down, is breathing in, opening up the chest. As they breathe out, they're squeezing back into the centre.

Keep the coaching points quite simple. You don't want to overwhelm a client at any point - and if you need to, you can make further adjustments once they've done their set.

Just do one more for me, Dom.

Once the client is finished, they bring their hands towards the chest and come back to a seated position and then place the dumbbells down to the floor. Excellent.

Main Muscles Involved

- Pectoral
- Anterior Deltoids

