

EXERCISE

Rear Deltoid 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].

This exercise is the Rear Deltoid (Delt) Fly.

It's an upper body exercise targeting the muscles of the rear of the shoulder and the mid and upper back.

The first thing we need to make sure of is that the seat position on the cable machine is at the right height. Ideally the handles are going to be in line with the shoulders. Then from there, what I want you to do is take your hands onto the inner sides of the handles - and then lengthen the arms as if you're punching to the wall in front of you.

From there, you're going to pull your arms out to the side. Brief pause when the hands are in line with the shoulders, and then with slow control, coming back to the start.

Focus on trying to draw your shoulder blades into the middle of the back. After a brief pause, slowly lengthen, keeping the arm in a fixed position all the way through. We're trying to keep a slight soft bend in the elbow as we move out.

What we want to focus on here is that the shoulders and shoulder blades are coming into the mid back. Imagine that we're trying to crush a can or a pole in the middle of our back.

After a brief pause, a slow and controlled coming-back-in.

Coaching points that we might want to consider here are that the arms don't go too far back, and that we've got a nice, controlled position - in line with the shoulders and shoulder blades. As they pull out, we're looking for them to draw the shoulders in together and breathing continuously throughout.

Breathing out as the arms come out and breathing in as they come back to the start.

Last one for me, Dom. Excellent. And relax the hands.

Main Muscles Involved

- Posterior Deltoids
- Trapezius
- Latissimus Dorsi
- Rhomboids

