

Exercise of the Month



Reverse Dumbbell Fly

Purpose: To increase overall size and strength to the upper posterior body. Mainly targets the upper back muscles which also act as very powerful spinal stabilizers for posture.

Target Muscles: Rhomboids, Rear Deltoids, Middle trapezius

Equipment Needed: Dumbbells, or equally weighted soup cans/water bottles

Start/Movement:

- Grab a pair of dumbbells that is appropriate to perform the exercise. Stand shoulder width apart with a slight bend in your knees.
- Bend forward at your hips until your torso is at a 45-degree angle, chest up and core fully engaged. Try to remain in this position throughout the entire set.
- Bring the dumbbells straight down parallel to the floor, your palms facing each other, with your arms slightly bent.
- Raise both arms out to the sides keeping the slight bend in your arms as you squeeze your shoulder blades together. Don't go past shoulder height when you lift the dumbbells.
- Perform the exercise for 3 sets of 8-12 reps.

Tips:

- When you're lifting the dumbbells, you should be focused on squeezing your shoulder blades together.
- Keep your core fully engaged so that you don't apply too much pressure on your lower back or neck.
- Keep your chest open to the ground which will ensure you use your upper back and deltoids to lift the dumbbells.

[Click here](#) for a video demonstration of this exercise!

Front view:



Side view:

