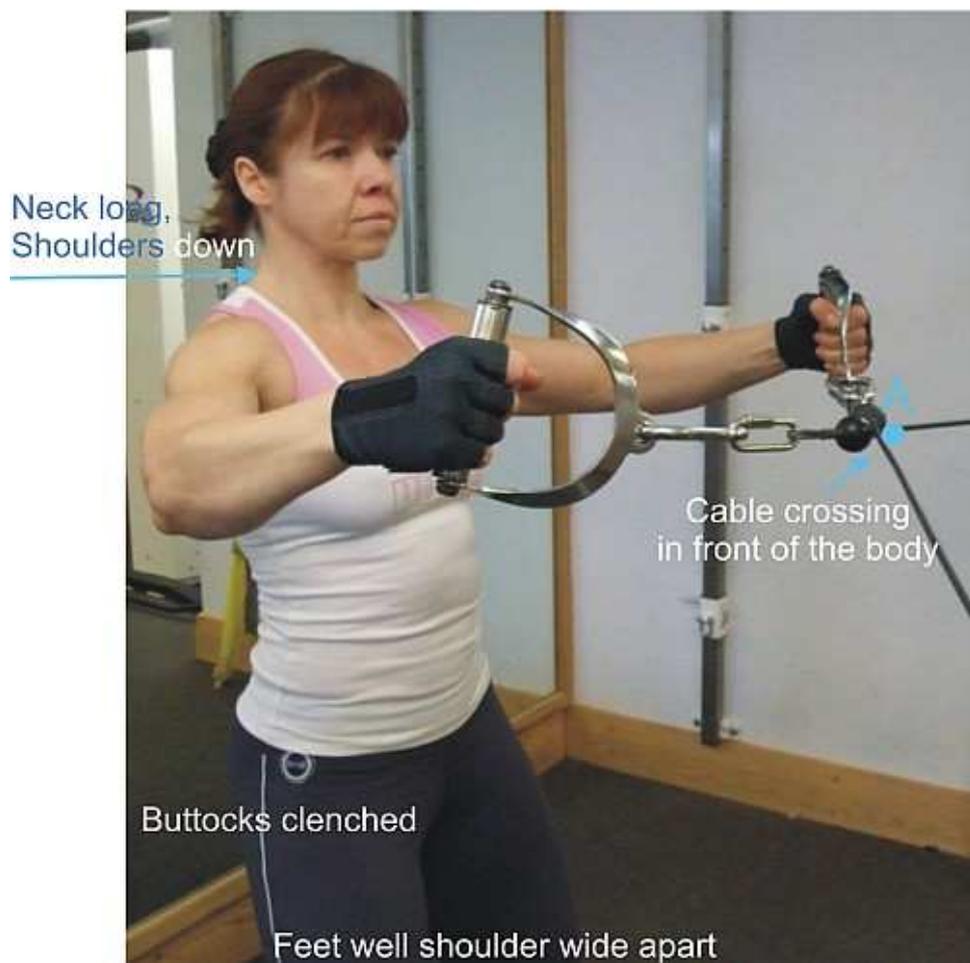


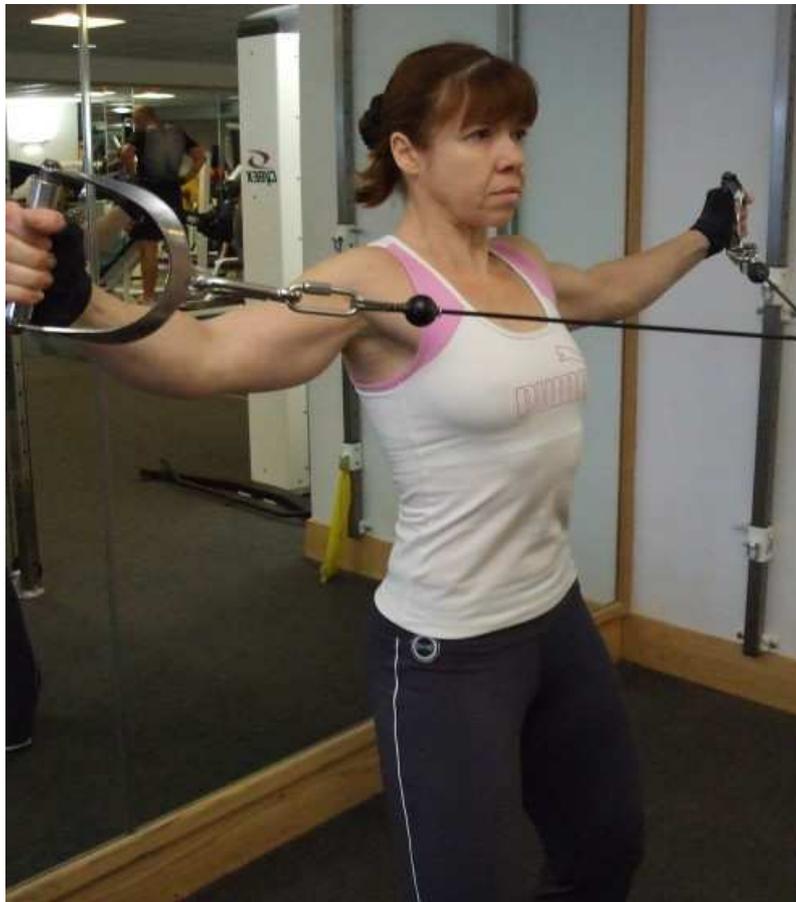
Exercise Guide for a Glorious Look!

Deltoid Muscle - Rear Head Reverse Cable Fly - Upright Set Up



1

From Start to UP and Down again!



Grab the handles and **step a little bit away from the machine** to give your self enough space, meaning that the cables don't come exactly from the side but a little bit from the front.

Feet shoulder wide apart, **knees soft** and **back straight**.

Cables are crossed in front of the body just after the fixing of the handles (A). Thus the arms form a nice bow as if you were about to hug somebody.

Make sure that shoulders and arms are kept parallel to the floor throughout the exercise and that the body is not moving back and forth - you are a proud bird flying, not a sad old chicken!

Clench the buttocks, take a deep **breath in** through the nose and then **pull the handles back** while **breathing out** through the mouth.

This counts as 1 repetition.

Release the handles back to the front holding the tension at all times.