

**Rear Deltoid Fly**

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- Sit on a chair or bench with your feet together. Bend forward over your knees, holding light dumbbells in each hand, palms facing in
- Lightly bend your elbows, just enough to keep your arms from being straight
- Pull your shoulder blades back and together and hold them there throughout the motion
- Keep your eyes toward the floor, and keep your shoulders down out of your ears
- Keeping a slight bend in your elbows, raise them to shoulder height, extending your arms out to each side
- Return slowly to the start position and repeat
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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