

Dumbbell Flies Exercise

1. Lie on a bench on your back with your feet on the floor. Grasp a dumbbell in each hand with your palms facing one another and your elbows slightly bent.
2. In a controlled motion, separate your palms and lower the dumbbells towards the floor, maintaining the bend in your arms.
3. When the dumbbells are parallel with your chest and your arms nearly fully extended towards your sides, raise the dumbbells again, pressing your palms towards one another.

