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Homemade chest fly machine. Chest fly machine vs bench press. How to properly do chest fly machine. Is chest fly machine good.

Share on PinterestThe dumbbell chest fly is an upper body exercise that can help to strengthen the chest and shoulders. The traditional way to perform a dumbbell chest fly is to do the move while lying on your back on a flat or incline bench. There's also a standing variation. Read on to learn more about this move, including how to perform it, variations, benefits, and safety tips.

The dumbbell chest fly works the following muscles: Other benefits include the following. Chest openerThe dumbbell chest fly can help open up your chest muscles. Chest openers may help reduce upper back pain, increase range of motion, and reduce tightness in the upper body. If you're doing dumbbell chest flies as a way to open up your chest muscles, consider using lighter weights, or even no weights. That can help you to get the full range of motion from the move without overextending. Extending too far may lead to an injury. Scapular retraction Scapular retraction exercises may help improve posture and help you gain strength in the shoulder region.

Performing chest dumbbell flies a few times a week may help open up the chest and shoulder region and help with shoulder retraction. You can perform this move with minimal equipment.If you're a beginner, start with a light dumbbell weight of 3 to 5 pounds. If you're more advanced at upper body exercises, consider using 8 to 10 pound weights instead. You can also increase the weight as you become more advanced. If you want to try the traditional dumbbell chest fly, you'll also need access to a flat bench.Dumbbell chest fly Equipment needed: set of 2 dumbbells, flat bench Lie flat on your back on a flat incline bench. Place your feet firmly on the floor on either side of the bench. Your head and back should remain firmly pressed into the bench throughout the exercise. Ask a spotter to hand you the 2 dumbbells, or gently pick them up from the floor and hold 1 in each hand. Lift arms up above the head so they're extended but not locked out. There should be a slight bend at your elbow, and your palms and dumbbells should be facing each other. Inhale and slowly lower dumbbells in an arc motion until they're in line with the chest. Your arms will be extended to the sides but not locked out. Don't drop your arms lower than your shoulders. Exhale and slowly press the dumbbells up in the same arc motion. Perform 10-15 reps. Rest. Do 3 sets total. Incline bench dumbbell chest fly Equipment needed: set of 2 dumbbells, incline bench Start with your back flat on an incline bench, which is lowered to 30 degrees. Hold 1 dumbbell in each hand. Start with your arms at chest level at your sides, elbows bent and pointing out. Slowly exhale and lift your arms above your chest.Inhale and slowly lower your arms to your sides to the starting position. Continue to press up. Perform 10-15 reps. Perform 3 sets. Standing chest fly Equipment needed: 2 dumbbells Stand up tall with your feet shoulder-width apart. Keep 1 dumbbell in each hand.Bring your arms up straight in front of you so they're at chest level, palms facing each other. Extend arms out to the sides, until your arms are extended. Keep arms at chest level the entire time. Bring them back to center. Repeat 10-15 times. Perform 3 sets. ProgressionAs you progress with the dumbbell chest fly exercise, try to increase the weight of the dumbbells you use each week or every other week. You can try lifting two to three more pounds each week. Alternatively, you can try performing a dumbbell chest fly on an exercise ball for an extra challenge. This is harder because you'll need to use your core to stabilize your body throughout the move. Eventually, you may want to move on to using a cable pull machine or performing bench presses at the gym.If possible, have a certified personal trainer spot you and teach you how to correctly perform these exercises. Using correct form can help you get the most out of the move, and it may also help prevent injury.Talk to your doctor before performing this move if you have a back, shoulder, or arm injury. Your doctor may recommend variations or suggest avoiding this move.If you're having trouble correctly performing the move, consider using a lighter weight. You can also try doing the move without weights to help you get used to the motion. Once you have the movements down, you can slowly add weights. The dumbbell chest fly may be a good exercise if you're looking to build strength in your chest, shoulder, and arm muscles. Start with a light set of dumbbells if you're a beginner, and slowly increase the amount of weight each week as you build strength. Combine chest flies with other chest exercises, like pushups, chest press, planks, and seated decline cable press, for best results. Avoid chest flies if you're injured or in pain. Always check with your doctor before starting a new exercise routine. If you don't know your way around a weight room, heading to the gym can be intimidating -- and even dangerous. But paying attention to a few simple rules of proper technique can make you slimmer, stronger and healthier all over.We spent an afternoon at Equinox with trainer and manager Rebecca Woll, learning the ins and outs of some of the most popular strength-training machines.In the coming weeks, we'll be sharing Woll's thoughts on the biggest mistakes we all make while building muscle, plus her tips and tricks for better form. This week, we're perfecting the seated fly.The Faux Pas: Like a number of other pieces of gym equipment, the seated fly machine (also sometimes called the pec fly or chest fly machine) isn't necessarily your best bet for working your chest and shoulders -- but it's a machine people continue to use, and often incorrectly. One common mistake is not adjusting the seat, so the handles (and by default, the knees) are positioned either too high or too low. The Fix: First thing's first: "The seat height should be adjusted so that the handles are at chest height," says Woll, and so you can keep your feet firmly planted on the floor. Like on other machines, the middle of your back and lower back should be touching the back of the seat, and the head should also be in line with the spine. When bringing the arms forward, come to about shoulder-width apart, she says. And don't rush the move. "As with any of these exercises, if you move too fast you're only using momentum and not the actual muscle," she adds. Tell us how it goes in the comments below, and be sure to check back over the following weeks to fix your form on the reverse fly, the row machine and more.Check out more in our Fix Your Form series below:Photos by Damon Dahlen, AOLFor more on fitness and exercise, click here. DOWNLOAD THE FREE CHEST CHEAT GUIDE! First pin a suitable lifting weight then adjust the seat height so that when you take position, the arc of your arms will be just below shoulder height.Keeping your feet flat on the floor, one at a time, reach back for the machine handles. Your core is tight, your back pressed against the back pad and your arms will be outstretched, angled slightly back behind your body with palms facing forward. This is your starting position.With a slight bend at the elbow, squeeze your chest to bring your outstretched arms together in front of your body at around nipple line, over 1-2 seconds as you exhale. The body remains stationary as your arms draw a large arc from the shoulder joint. Pause and squeeze for a brief second at the end point of the movement where the machine handles meet in the middle and the palms are facing each other.Now reverse the movement inhaling as you do, bringing the chest back to full expansion with arms outstretched. You should feel the chest muscle being stretched and opened right up. Knowing how to do a chest fly properly on the pec deck machine can greatly improve your gym physique. It's one of those machines where you see all manner of guys and girls giving it a go, with mixed results. So if you really want to know how to do it properly and up your chest game, read on.More...The pec deck is one of the most popular machines in the gym. With the correct technique, it provides a great way to work the chest muscles with pec flies. It's perfect for those who like the simplicity, speed and ease of use provided by a machine. Additionally, when performed correctly can be every bit as effective at hitting those chest muscles as free weights exercises.Pec flies are normally performed on a machine, commonly known as the pec deck.By sitting in an upright position and bringing the elbows across the chest while exerting force against pads and levers with the forearms, the pectoral muscles of the chest can be worked.Unlike the chest press machine, which uses the triceps muscles of the arm to assist the chest, pec flies when executed correctly, hone in on and isolate the pectoral muscles of the chest.Pec flies isolate and work the chest muscles. These are used in any activity where the arms move forward or across the torso.Examples include racket sports, swimming, gymnastics and numerous other sports. Additionally, any activity that requires 'pushing' with the arms.Also, correctly performed chest exercises can improve posture and breathing. Furthermore, they'll lend an aesthetically pleasing look to the upper torso.Apart from increasing the variety in your armoury of chest exercises, pec flies can also be an excellent tool for developing flexibility. Both in the pectoral muscles of the chest and the shoulder joint. The muscles and joints are worked through a much larger range of movement than normal 'pressing' movements for the chest.How to perform the machine chest fly correctly and safelyBody positionSit on the pec deck with your back flat against the upright and place your hands on one of the handgrips. Secondly, make sure your forearm is pressed against the support pad.Now check the height of your elbow in the mirror (or ask someone to observe it for you). Your elbow must be at about the same height as your shoulder and certainly no higher. Ideally, you want your elbow somewhere above the nipple and marginally below shoulder height.Viewed straight on in a mirror, your upper arm will be just about parallel to the floor.If your elbow is higher than shoulder height, move the seat upwards. Conversely, if it's lower, move the seat down a little. Some pec decks also offer variable handgrips.Arm lever start positionMany modern pec decks provide a variable range of movement. You can take advantage of this to work your chest muscles through a full range of movement and to improve your shoulder joint flexibility.Having sorted your optimum body position, sit right back on the seat. Next, ensure your head and back are flat against the upright. Then, try simultaneously to place both arms in position, hands on the grips and forearms behind the pads.If you can manage this, the range of movement set is not sufficient for you. You need to set the levers further back so that when you attempt to position both arms as described above, you can't quite stretch to it.If the levers are still miles behind you even when you're fully stretched, you'll need to bring them in a bit.The ideal lever starting position is about three inches, or 7.5 cm, behind your maximum stretch.Getting startedOK, now you're ready to start. And you thought all you had to do on the pec deck was to adjust the weight.After selecting the correct weight, sit right back on the seat. Turn your torso slightly to your right and pop your right arm in the correct position behind the pad.Now turn towards the left lever, dragging the right lever in a little as you turn. You should now find that you're able to place your left arm behind the left pad with ease.Having got both arms in position, turn to face forwards again. Make sure you're sitting right back on the seat, with your head and back fully supported.The lifting phaseGripping the handles only lightly, squeeze the levers inwards.Make sure that all the force for the movement comes from the pressure on the pads applied by the forearms. Don't push with the hands.Squeeze until the two pads meet directly in front of you. You want both pads to travel the same distance. However, you may find that your weaker side lags behind the stronger side. That's ok, for now.When the two pads touch directly in front of you, pause briefly in this position. You're at the point of maximum contraction, so squeeze your chest muscles.Keep your back and head flat against the seat upright throughout the lifting movement. Avoid leaning forward, especially as you reach the maximally contracted position.You should be breathing out during the lifting phase.The lowering phaseSlowly and smoothly, let the levers move backwards.Ensure that they're moving at the same speed as each other and inhale during this movement.You should allow the levers to move back far enough so that you get a really full-range movement. You want your chest to feel thoroughly stretched before coming back for the next rep.However, to accomplish this safely, you must concentrate on a smooth, steady lowering action. Don't let the levers suddenly fly back out of control. That's a shoulder injury waiting to happen.Some pec deck machines allow you to tilt the angle of your torso.By moving the seat back from a vertical position to a more reclined position, the emphasis of the exercise moves towards the upper region of the pectoral muscles.Other pec machines lack pads on which to rest the forearms. Instead, the levers have a more universal type of movement. Two to three high-quality sets of 10-12 reps are all you'll ever need. The idea is to simulate more closely dumbbell chest flies -- the free weight version of pec flies.While there are some benefits to freer motion, the lack of forearm pads means there's also more scope for getting it wrong. For instance, you're more likely to involve other muscles such as the biceps and triceps of the arms. And the shoulder muscles too for that matter. This makes them less suitable for beginners.The same is true for cable flies, performed on a cable crossover machine.In this case, you pull handles attached to cables across the chest, while lying flat on a bench. Unless you've plenty of previous experience, the standard pec deck is as good a place as any to get the feel for pec flies.How should I construct a pec deck routine?Remember the imperative for a full-range movement. You should select your weight so that you can just complete around 10-12 reps before becoming fatigued.Avoid the temptation to increase the weight and cut back on your range of movement.While it may look impressive, you won't be reaping the full potential benefit of this exercise. Two to three high-quality sets of 10-12 reps are all you'll ever need. That is, providing the form is strict and you work to exhaustion on each set.Which muscles are used in the pec deck movement?When pec flies are performed correctly, the pectoral muscles (A) are effectively isolated.Generally, the outer pectorals (clavicular pecs (C)) are more active when the levers are brought back behind the line of the torso. On the other hand, the inner or sternal portion of the pecs (B) is active when the levers are brought close together. That is, at the point of maximum contraction (and during the squeezing motion mentioned above).Is the pec deck on a chest fly machine effective?The machine chest fly allows you to work your major chest muscles simply and effectively. With selector pins, you can tailor the exercise to your current fitness and strength level by adjusting the weight. It's a good exercise to help build muscle mass in the chest area. Having said that, you'll get more growth from barbell bench press variations. However, a machine chest fly on the pec deck will strengthen your shoulders and core muscles too.How should I integrate pec deck flies into my workout?Like all isolation exercises, the pec deck machine chest fly is not a mass-builder. It's more of a refining and strengthening exercise.So you're better doing two to three sets only AFTER you've done your main chest strengthening work. It's a good idea to do your compound movements first. For lifts such as bench press, you really need to be fresh.The exception to this rule of thumb is when you want to pre-exhaust the chest during a very intense workout.Perform an isolation set of pec flies and your chest muscles will become quite fatigued. By immediately following the flies with a compound movement like bench or chest press, the triceps, which are still fresh, can help drive the chest muscles into a very deep state of exhaustion.Repeating this sequence two or three times will give your pectoral muscles a workout to remember. However, be warned - it's not for the faint-hearted!Chest exercises can improve posture and breathing as well as lend an aesthetically pleasing look to the upper torso.Apart from increasing the variety in your armoury of chest exercises, pec flies can also be an excellent tool for developing flexibility. Both in the pectoral muscles of the chest and the shoulder joint. The muscles and joints work through a much larger range of movement than normal 'pressing' movements for the chest.Top Tips to Perform Pec Deck aka the Chest Fly Machine ProperlyAlthough flies performed on a pec deck machine appear relatively simple, it's surprising how many people get it wrong. Even experienced trainers can do with some technique cues and refreshers now and again. Seat HeightIt's crucial to get this right. If you don't, you won't be comfortable and you won't achieve a full range of movement. Use your ForearmsAll the pressure to move the levers must come from the forearms on the pads. If you use your hands to push the hand-grips, you'll start using your triceps muscles. This is not what you want. You perform pec flies to isolate the pectoral muscles.To avoid falling into this trap, try resting the palms of your hands on the grips, rather than gripping. Don't lean forwards while doing the pec deck machine chest fly.It's very tempting, especially when you fatigue, to lean forwards for a bit of extra leverage.Don't!You'll shift the emphasis away from the chest. Moreover, craning or lunging your upper body forward is not good for the back. Once you can no longer squeeze the levers to the centre without cheating, you've successfully exhausted the chest muscles. Therefore, you should finish the set. Use a sensible weight on the chest fly machineIt may look macho to pile on the weight. However, if you can't execute at least 9-10 full-range reps using the form described above, you're wasting your time.Remember that pec flies are an isolation exercise, where the quality of movement is the key to success. SafetyIf you've any history of shoulder or pectoral injuries, you're better off setting the levers to a more forward position. As a result, you're effectively lowering the range of movement. Consequently, you reduce the possibility of overstretching during the movement.If in doubt, consult your GP or physiotherapist. Did you enjoy this article? I'd love to know if you found this helpful or not, so drop me a comment below. Likewise, if anything's unclear or you have an idea for other content you'd like to see me put together, get in touch.

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