

Bent Arm Chest Fly



1. Sit with both your legs fully extended.
2. Raise your arms outward to the side. Bend your elbows so your arms make a **90-degree angle** and hold this position.
3. **Slowly** bring your elbows together, so they meet in front of your chest.
 - Squeeze your chest muscles as your elbows touch.
4. Bring your arms back out to the side.

Repeat for ___ repetitions and ___ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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