

Supine Chest Fly



1. Lie flat with your back on the floor and both your legs fully extended.
2. Extend your **arms out to the side with your palms facing up**, so that your body makes a “T” shape.
3. Keeping your arms straight, raise your arms until they meet at the center, **flexing your chest as your palms touch**.
4. Keeping your arms straight, lower your arms back to the ground.

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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