



How many reverse fly can you complete in 1 minute?

Equipment Needed:

- Timer
- Weights

Rules:

- Step 1: Bend your upper body to a 45 degree angle with your back straight and flat, and knees slightly bent if standing while holding weights in your hands in front of the center of your body in a circular position.
- Step 2: Raise your arms out to your sides until your wrists are in line with your shoulders.
- Step 3: Pause for 1-2 seconds and slowly lowers your arms back to the starting position.
- Keep your back straight, and your eyes forward the whole time.



Modifications:

- This exercise can be done in a seated position.

