



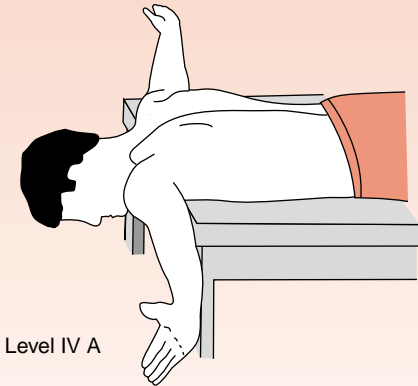
Starting position:

Lie on your stomach on a weight bench, piano bench, or low bed. Your chest should be suspended off the edge of the bench. Bend your knees if they extend too far off the bench. Pull your abdomen up and in. Your head should be in line with your spine with your chin tucked. Hold dumbbells with palms facing forward and *thumbs up*. Arms should be relaxed at chest level and resting on the floor or against the bench if the bench is tall. Keep elbows slightly bent.

Movement technique:

Level IVA: Stomach lying reverse horizontal fly
(target muscle: *middle trapezius*)

- Raise the dumbbells in a semicircular motion to just below chest height. *Do not* lift beyond chest level.
- Lower to the starting position using the same path.
- Exhale up; inhale down.

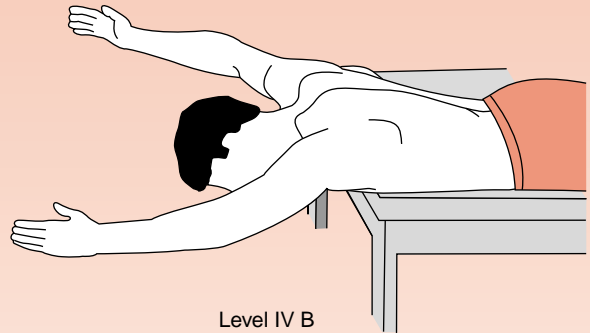


Dosage

Weights _____
 Sets/Repetitions _____
 Frequency _____

Level IVB: Stomach-lying diagonal reverse fly
(target muscle: *lower trapezius*)

- Raise your elbows in a semicircular motion, diagonally upward toward the head to just below the level of the head. *Do not* lift the elbows above the level of the head.
- Lower to the starting position using the same path.
- Exhale up; inhale down.
- Repeat in sets of 10 repetitions. Begin using a light weight when you can complete two sets of 10 repetitions maximum with proper technique.



Dosage

Weight _____
 Sets/repetitions _____
 Frequency _____