

Gym Machines for Back, Shoulder & Abdominal Strength

1. Reverse Fly

- Strengthens back and shoulder blade muscles, stretches chest muscles
- Adjustments:
 - Seat height so shoulders are slightly higher than hands
 - Chest pad so back is straight
 - Select vertical grip
- Action:
 - Keep shoulders square, abdominals tight
 - Slowly open arms backward, looking straight ahead, chest forward
 - **BREATHE OUT WITH MUSCLE EFFORT. GO SLOW, COUNTING WITH PUSH:" 1-2-3-4", BRIEFLY HOLD, THEN RELEASE "5-6-7-8". WORK SHOULD BE MODERATELY HARD** for 6 to 10 repetitions, **ONE SET ONLY**



2. Ab Roller

- Strengthens abdominal muscles
- Adjustments:
 - Handle bars so shoulders are level, not hunched
 - Start with knee pad facing forward
- Action: **SLOW SMOOTH GLIDING KNEES forward & backward**
 - Stay “tall” **KEEPING STOMACH IN**, ribs down, **BACK FLAT**, chin in, head high
 - Roll your knees forward and backward **SLOW ENOUGH TO FEEL YOUR ABDOMINALS DOING THE WORK!**
 - Perform 6 to 8 reps each with knees forward, to the right, to the left

