

# target training



## one-arm reverse fly

**Strengthens upper and middle back, rear shoulder**

- > **Grasp** a dumbbell in right hand and stand with left foot in front of right.
- > **Bend** left knee slightly, then hinge forward from hips over left leg until back is almost parallel to floor, left hand on left thigh.
- > **Extend** right arm toward floor in line with shoulder, palm facing in [A].
- > **Draw** shoulder blades down your back, square hips and shoulders and pull abs in, then lift right arm out to the side to shoulder height, maintaining a slight bend in elbow [B].
- > **Lower** arm to starting position, repeat. Switch arms and legs to complete set.

> **Trainer's Tip** Focus on using your shoulder muscles to lift the weight to ensure that your back doesn't take over.

### MAKE THESE WORK AT HOME

- > **You'll need** A medium resistance band and 3- to 5-pound dumbbells
- > **Inverted row** Save this move for the gym and try a seated row instead: Sit with legs extended in front, a band looped around your feet and an end in each hand. Extend arms, palms down, over legs and take up slack in band. Keeping chest high and shoulder blades back and down, bring

elbows out to side until even with shoulders and bent 90 degrees. Return to starting position. Do 12–15 reps.

- > **Wide-grip upright row** Modify this by standing with feet hip-width apart on a band, an end in each hand, palms facing behind you. Follow instructions on page 112.
- > **One-arm reverse fly** No modification necessary. Follow the instructions above.

### get-fit guide

#### Beginner/Intermediate

Do these moves once a week as a part of your regular upper-body strength routine. Progress to the advanced program after 4–6 weeks, or when you feel ready.

#### Advanced

Follow the special instructions for an added challenge.

|                             | basic program    | inverted row             | wide-grip upright row                  | one-arm reverse fly                        |
|-----------------------------|------------------|--------------------------|--|--|
| <b>sets</b>                 |                  | 1–2                      | 1–2                                    | 1–2  |
| <b>reps</b>                 |                  | 5–8                      | 12–15                                  | 12–15 with each arm                        |
| <b>weight range</b>         |                  | body weight only         | 10–20 pounds                           | 3–5 pounds                                 |
| <b>sets</b>                 | advanced program | 3                        | 2–3                                    | 2–3  |
| <b>reps</b>                 |                  | 8–10                     | 12–15                                  | 8–12 with each arm                         |
| <b>weight range</b>         |                  | none                     | 15–20 pounds                           | 3–5 pounds                                 |
| <b>special instructions</b> |                  | Lie on a stability ball. | Stand on an Exerdisc or balance board. | Lift your rear leg to hip height and hold. |