Dumbbell Reverse Fly

Rear Deltoid

Select dumbbells. Bend your knees and hinge forward from your hips with a flat back. Dangle your arms toward the floor.

Exhale and lift the dumbbells to your sides at shoulder level. Lead with your elbows. Feel the contraction in the back of your shoulders and in between your shoulder blades. Keep your palms facing downward and your elbows slightly bent. Inhale and slowly return the weight back to the starting position.