Nebula Chest Fly

Pectoralis Major
(Chest)

Deltoids
(Shoulders)

Adjust the range limiter at the top of the machine to allow for a full range of motion (usually the third hole for most people). Sit on the seat with your back against the back rest. Raise or lower the seat if needed so your hands are in line with the middle of your chest.

Keep your elbows straight but not locked. Exhale and bring your hands together. Inhale and slowly release the weight back to the starting position.