

RESISTANCE TRAINING EXERCISES

**Fitness and Performance Exercises
for Strength, Stability and Mobility**

RESISTANCE TRAINING EXERCISES

**Fitness and Performance Exercises
for Strength, Stability and Mobility**

Marina Aagaard, MFE

Aarhus, Denmark

aagaard | marina aagaard

RESISTANCE TRAINING EXERCISES

Fitness and Performance Exercises for Strength, Stability and Mobility

1. edition, 1. impression

ISBN 978-87-92693-54-9

Copyright © 2010 Marina Aagaard

Editor: Marina Aagaard
Graphic design: Marina Aagaard
Photographer (cover): CPhotography, www.cphotography.com
Cover model: Heidi Tang Moeller
Photographer: Marina Aagaard, Henrik Elstrup
Printer: Publizon, Aarhus
Printed in Denmark, 2010

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including photocopying, photography, and recording, and in any information storage and retrieval system is forbidden without the written permission of the publisher.

aagaard | marina aagaard

www.marinaaaagaard.dk

Contents

1. How to Use This Book	8
2. Technique and Safety.....	9
3. Shoulder Exercises	13
4. Chest Exercises	41
5. Back Exercises.....	57
6. Arm Exercises	71
7. Hip and Leg Exercises	99
8. Lower Back Exercises	177
9. Ab and Core Exercises	197
10.Partner Exercises	247
References.....	283
Glossary.....	284

Preface

Welcome to *Resistance Training Exercises*. A comprehensive guide to resistance training exercises at all levels.

The book is intended for coaches, trainers, instructors, physiotherapists as well as physical education teachers and students with some basic knowledge of physiology and training. Many books provide the prerequisites for exercise selection and programme design. This book is dedicated to giving you as many exercises and variations as possible.

The book fills an important gap, as it presents exercises at all levels, from exercises used in rehabilitation and recreational exercises, all the way up to exercises used by Olympic athletes. This provides coaches, trainers, instructors and teachers with a meta-view of the wide range of exercises and variations and helps in selecting suitable exercises as well as progressing exercise programmes in better and more motivating ways.

Often, when you are in a certain sport or training milieu, you have a range of exercises that you and your peers before you have been using for years and keep coming back to. However, there is a demand for a wider variety of exercises in order to provide mental and physical variation and stimulation to the people you coach, train and teach.

One important purpose of this book is to make it easier and more expedient to find the specific exercise you are looking for. It accomplishes this by bringing together a multitude of exercises from all over the world with bodyweight and different pieces of equipment in just one book. The prime goal is to provide exercises for resistance training workouts, which are safe, specific, time-efficient and enjoyable for all involved.

I wish you good reading and good training.

Marina Aagaard, 2010

Acknowledgements

I am grateful for the many people who helped in making this book possible: My husband, family and friends for supporting and encouraging me.

Thanks to all of you who provided inspiration and feedback throughout the years, colleagues and students at the Academy of Coaching, Aalborg Sportskole, colleagues and students at Aalborg University, professors and fellow students at The University of Southern Denmark, fellow intercontinental FIG coaches and friends at the Danish Gymnastics Federation.

Special thanks to Henriette Schaumburg-Müller and Alexander Benckendorff for reading and checking the English version of this book.

Special thanks to the fitness models, the energetic and patient trainers who helped in making this book come to life:

Diploma fitness coach Jacob Cornelius Hansen

Diploma strength training coach Morten Kirstein

Physiotherapist Heidi Tang Moeller

Diploma fitness coach Nicholas Kroboth Olesen

Coach Mirela Ahmethodzic

Marina Aagaard, 2010

1 | How to Use This Book

Resistance Training Exercises is a comprehensive resource for coaches, trainers, instructors, physiotherapists and PE teachers. The exercises are for sports, gymnastics or general fitness and health, for individual exercise, partner exercise, small group exercise and group exercise.

All exercises are illustrated with photos and accompanied by descriptions and notes as well as suggestions for variations.

Some basic knowledge of anatomy, physiology and exercise science is needed to select, sequence and execute the exercises correctly. Do not progress without the help of a fitness professional, if you are unfamiliar with resistance training.

Important: All exercises are for healthy exercisers free from any serious or debilitating disease, illness or ailments. Please consult your doctor before beginning these exercises.

Programme design – number of sets and repetitions, duration of rest-pauses and speed of movement – except for a few cases, is not discussed. This will vary with the goal of the exercise and the skill and strength of the exerciser. Other books cover these areas in detail.

The exercises are listed by muscle groups and in most instances after increasing level of difficulty. However, there are some exceptions, as many factors play a role.

The exercises are diverse, some are simple, some advanced. You must choose what is right for a given exerciser in a given situation.

The book contains exercises at all levels, from introductory to advanced, even Olympic, level. An advanced exerciser is a person, who is experienced, skilled and strong.

The weightlifting exercises of 'snatch' and 'clean and jerk', however, are not included. These exercises should form the basis of sports programmes, but they require more explanation and coaching than can be provided for in this book, so you are advised to contact a professional weightlifting instructor.

2 | Technique and safety

In order to maximize your workout benefit and minimize inefficient use of your time or risk of injury, this chapter sums up the main points of proper exercise technique.

The exercise tables only list general and special points for exercise technique. In all exercises a **good posture is a prerequisite**: A strong and stable body with stabilizing core muscles.

Depending on the exercise, whether being an isolation exercise or compound exercise, you focus on either one primary muscle or a muscle group or a number of muscles in one controlled movement.

You should *avoid unwanted co-movements, such as the head and shoulder girdle dropping forward, excessive arching or hunching of the lower back, and locking of the knees or elbows.*

Breathing should be deep abdominal breathing using the diaphragm. Inhale through the nose and exhale through the nose or mouth. During all exercises keep breathing deeply, this will increase the energy and enhance the workout.

The typical resistance training breathing pattern is biomechanical breathing: Inhale on the eccentric phase of the exercise and exhale on the concentric phase for greater force production.

Anatomical breathing: You inhale when you extend your back, opening up your ribcage allowing for more air into the lungs and exhale when you bend the torso, reducing space for air.

The exercises should be preceded by a warm-up of 5-20 minutes depending of the intensity and duration of the workout.

Programme design will vary with the goal of the exercise and the skill and strength level of the exerciser. However, for general fitness 1-3 sets of 8-12 repetitions of 8-10 exercises for major muscle groups are appropriate.

The exercise tempo should be moderate and rest-pauses around ½-2 minutes. Exercise should be followed by a cooldown, eg. walk round the room, of 3-5 minutes depending of the intensity and the exerciser. Include relevant stretches as needed.

Basic posture

Initiate all workouts and exercises with a good posture: The prerequisite for optimal results.

Front view: Imagine a plumb line through the middle of the body. Head and neck, shoulders and hips should form a symmetrical image around this line.

Side view: Image a plumb line passing through the ear, shoulder, hip, knee and ankle (right in front of the outer malleol bone).

If you see significant deviations from this, you need to correct the posture or do some exercises, which will help you obtain a better posture. In some instances you need to have a physiotherapist perform relevant testing and provide the necessary corrective exercises.

Focus points standing starting position:



- Legs together or hip- or shoulder-width apart.
- Feet forward or a little outward in a natural outward rotation.
- Feet are firmly positioned with the weight evenly distributed across the foot; keep the heel and toes on the ground.
- Knees are aligned with feet; knee aligned with the second toe.
- Knees are relaxed, not locked, hyperextended, or overly flexed.
- Pelvis is in a neutral position.
- Transversus abdominis contracts as needed to stabilize the spine.
- The spine is in neutral position with a natural curve.
- Shoulder blades are in neutral.
- Shoulders are lowered and level.
- Neck is in neutral position.
- Tongue rests in the roof of the mouth behind the front teeth.

Guidelines Elastic Resistance Training

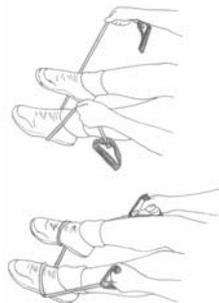
Improve your elastic resistance training and avoid accidents by observing these precautions:

- Choose a suitable resistance. If you are unable to complete 8-12 repetitions, you should initially choose a lighter elastic band.
- Always check your equipment for wear and tear. Throw away broken bands and tubes. Elastic bands etc. should not be exposed to direct sunlight or water.
- Always check the joints between the elastic materials and the handles or straps.
- Always check that bindings and straps are firmly secured before starting the exercise.
- Elastic tubes – and bands – can be tied together and used as one piece of equipment, however, they are difficult to untie, so other alternatives are preferred.
- Do not wear rings, watches or jewellery when using elastic equipment.
- Do not press your fingers or nails into the elastic material.
- Do not maximally stretch a cold piece of elastic material to its maximum, warm it up a little, use exercises with a smaller range of motion.
- Do not stretch rubberbands and tubing over 2-3 times resting length.
- Do not stretch the resistance band over 3-5 times resting length (depending on brand).
- Always control the exercise, the pull of the elastic band, also during the eccentric phase.
- Protect you eyes. When you have checked the binding and exercise technique, look away from, do not look directly at, the elastic piece of equipment.
- The pull of the elastic piece of equipment should be in the direct opposite direction of the muscle (fibers) you wish to work.

Tube and band bindings



Example of foot binding for securing tube around the feet. 1) Over the feet, 2) under the feet, and, 3) up between the feet



Binding with an ekstra ½ loop – tightens the tube; 1) under, 2) over, 3) under.



Single loop for securing the tube around the foot.

Guidelines Free Weight Resistance Training

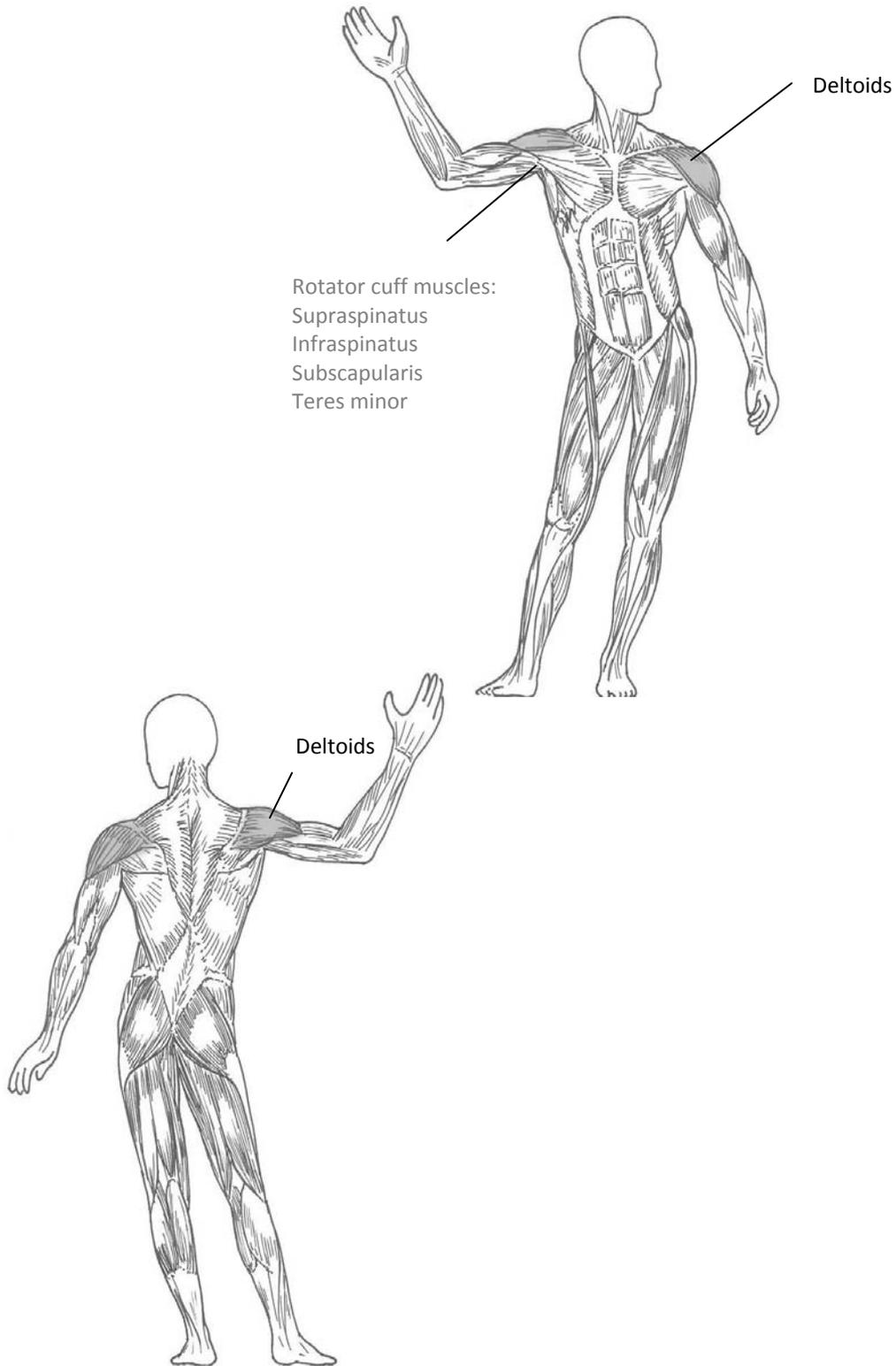
Improve your free weight exercise programme and avoid accidents by observing these simple precautions:

- Barbells and adjustable dumbbells: Equal load at both sides – and both dumbbells.
- Barbells and adjustable dumbbells: Secure the weight plates with a collar or clamp.
- Dumbbells in more parts: Check that the dumbbell is in one piece and the dumbbell weight plates are securely fastened.
- Barbells: Hold the bar with an even grip with both hands, so the bar is in balance.
- Barbells and dumbbells: Lift with a firm, closed grip, four fingers around the bar and the thumb closing. Do not use an *open* or *false grip* with all five fingers on one side, as you risk the weight falling from your hands onto your torso or limbs.
- Lift with proper lifting technique.
- Pay attention. Be careful not to accidentally drop barbells, dumbbells or weight plates.
- Put back the dumbbells in the rack, in pairs in their proper spot.
- Do not drop dumbbells or barbells, it is noisy and damages the dumbbells and flooring.
Exception: When weightlifting in a weightlifting room with special flooring.

Correct lifting technique is: The right technique according to the exercise in question, but also when transporting, moving, dumbbells, bars and other equipment:

- Get close to the equipment.
- Stand with feet firmly on the floor.
- Lift with a firm closed grip.
- Hold your wrists neutral.
- Lift with your legs and arms, not just the back.
- Lift and carry the equipment close to your body.
- When lifting and turning, turn the whole body, not just the spine.

3 | Shoulder Exercises



EXERCISE	TECHNIQUE
----------	-----------

FRONT RAISE

Primary muscles:
Anterior deltoid



HIGH FRONT RAISE WITH RESISTANCE BAND

Primary muscles:
Anterior deltoid



SHOULDER PRESS

Primary muscles:
Anterior and medial deltoid



MILITARY PRESS (FRONT PRESS)

Primary muscles:
Anterior and medial deltoid



TECHNIQUE	NOTE	VARIATION
<p>Standing. Dumbbells, tube or band in hands. Arms at sides or in front of thighs. Raise arm(s) in front of the body to horizontal. Lower with control.</p>	<p>Core muscles stabilize. In this exercise there is a tendency to arch the back, and pull with the lower back. Avoid this, lift with control.</p>	<p>Different body/leg position. Standing, sitting, kneeling. Uni- or bilateral, alternating. Straight or bent arms (elbows). Over-, under-, neutral grip. Dumbbells, barbell, tube, band, medicine ball. ONE DUMBBELL FRONT RAISE Hands together lifting one dumbbell.</p>
<p>Standing. Band anchored under foot/feet. Held by the hands. Arms at sides or in front of the thighs. Palms face each other. Raise arm(s) in front of the body towards vertical position. Lower with control.</p>	<p>Core muscles stabilize. In this exercise there is a tendency to arch and pull with the lower back. Avoid this. Avoid shoulder impingement: Throughout exercise, or when approaching horizontal, turn palms towards each other.</p>	<p>Different body/leg position. Standing, sitting, kneeling. Unilateral, bilateral or alternating. Straight or bent arms (elbows). Dumbbells, band.</p>
<p>Standing. Elbows bent. Hands by the shoulders. With a barbell behind the head. Overhand wide grip (control: when the upper arms are horizontal, the forearms are vertical). Push arms upwards to vertical. Lower, until the upper arms come close to sides of torso.</p>	<p>May be hard on the shoulders especially with a limited ROM in the shoulders. Note: Above horizontal there is risk of shoulder impingement. Neutral grip is preferred. Full Range of Motion: Upper arms by the sides of the torso up to vertical position.</p>	<p>Different body/leg position. Standing, sitting, kneeling. Overhand or neutral grip (with dumbbells or special bar). One or both arms. Dumbbells, barbell, tube, band, medicine ball or one dumbbell.</p>
<p>Standing. Shoulder press with barbell in front of the neck. Arms bent. Hands at shoulder level. Overhand wide grip (when upper arms are in horizontal, forearms are vertical). Press arms up. Lower, until the upper arms touch the side of body.</p>	<p>May be hard on the shoulders especially with a limited ROM in the shoulders. Note: Above horizontal there is risk of shoulder impingement. Neutral grip is preferred. Full Range of Motion: Upper arms by the side of the body to vertical position.</p>	<p>Different body/leg position. Standing, sitting, kneeling. Overhand or neutral grip. Shoulder-width grip, elbows forward: focus anterior deltoids and chest. Wide grip, elbows out, focus deltoids, anterior and medial part. Dumbbells, tube or band.</p>

EXERCISE	TECHNIQUE	
<p>SHOULDER PRESS WITH DUMBBELLS (DUMBBELL PRESS)</p> <p>Primary muscles: Anterior and medial deltoid</p>		
<p>PUSHING GEORGIA AWAY</p> <p>Primary muscles: Anterior and medial deltoid</p>		
<p>PUSH PRESS</p> <p>Primary muscles: Anterior and medial deltoid, and hips and legs</p>		
<p>CURL TO PRESS</p> <p>Primary muscles: Biceps brachii, brachialis, anterior and medial deltoid</p>		

TECHNIQUE	NOTE	VARIATION
<p>Standing. Shoulder press with dumbbells. Start and finish with the hands by the shoulders. Push the arms up into vertical position. Do not hyperextend, lock, the elbows. Lower until the upper arms are close to the sides of the torso.</p>	<p>May be hard on the shoulders especially with a limited ROM in the shoulders. Note: Above horizontal there is risk of shoulder impingement. Neutral grip is preferred. Full Range of Motion: Upper arms by the side of the body is the starting position.</p>	<p>Different body/leg position. Standing, sitting, kneeling. Unilateral, bilateral, alternating. Over-, under-, neutral grip. Dumbbells, tube, band.</p>
<p>Standing, handstand. Hands wider than shoulder-width apart. Body is vertical with legs up. Legs can be unsupported or supported by a wall or a partner. Arms push off to a shoulder press with the body as resistance.</p>	<p>Advanced exercise. You have to have excellent core control and balance as well as shoulder strength in order to execute this exercise.</p>	<p>With or without support for the legs (by wall or partner).</p>
<p>Standing. Shoulder press with power. Starting position as shoulder press with dumbbells. Bend legs fast and then extend forcefully, so the legs and torso power the arms and shoulders to forcefully push the dumbbells upwards. Lower with control.</p>	<p>Advanced exercise. This exercise is mostly used for lifting heavier dumbbells, than can be lifted without the 'push'.</p>	<p>Different leg position.</p>
<p>Standing. The exercise starts like a biceps curl – arms at sides and bend the elbows – but from top position continue upwards into a shoulder press with an underhand grip. Lower back down.</p>	<p>Combination exercise.</p>	<p>Different leg position. Dumbbells, barbell, tube or band.</p>

EXERCISE	TECHNIQUE
----------	-----------

ARNOLD PRESS

Primary muscles:
Anterior and medial
deltoid



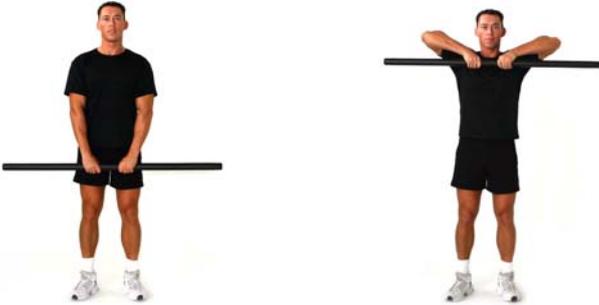
CLEAN'N'PRESS

Primary muscles:
Biceps brachii, brachialis,
anterior and medial
deltoid



UPRIGHT ROWING

Primary muscles:
Anterior and medial deltoid,
biceps brachii



AROUND THE WORLD

Primary muscles:
Deltoids, rotator cuff



TECHNIQUE	NOTE	VARIATION
<p>Standing. The arms are bent in front of the body, as in biceps curl top position. Palms face the torso. Dumbbells in hands. From here press one arm upwards into vertical shoulder press, while the arm rotates, so the palm faces forward. Lower back down and repeat with opposite arm.</p>	<p>In top position the arms are rotated, which may cause shoulder impingement.</p> <p>The arm is straight, but not locked, hyperextended, the elbow is 'relaxed'.</p>	<p>Different leg position. Standing, sitting, kneeling.</p> <p>Unilateral, bilateral, alternating.</p> <p>With dumbbells, tube or band.</p>
<p>Standing 'upright rowing' with a wide grip. From top position continue up into shoulder press with an overhand grip. As in cleans you use the shoulders and trapezius to accelerate the barbell upwards. Lower with control the same way down.</p>	<p>Combination exercise.</p>	<p>Different leg position.</p> <p>With dumbbells, barbell, tube or band.</p> <p>REVERSE BICEPS CURL TO PRESS</p> <p>Hands shoulder-width apart. Biceps curl with overhand grip continue into shoulderpress.</p>
<p>Standing. Narrow overhand grip on barbell, in front of the body. Pull upwards, the elbows lead the way, so they are slightly higher than the hands, which stop under the chin (or at chest height to limit range of motion). Avoid bending the wrists. Lower with control.</p>	<p>Note: May cause shoulder impingement; stop when elbows are at or below shoulder level.</p> <p>When using a barbell, you find 'narrow grip' by grasping the middle of the barbell, putting the thumbs together, and then back around the barbell. They should not rest on the barbell.</p>	<p>Different body/leg position. Standing, sitting, kneeling. Unilateral, bilateral, alternating.</p> <p>With dumbbells, tube or band.</p> <p>UPRIGHT ROWING, WIDE</p> <p>Wide overhand grip. Barbell only to chestheight (to avoid shoulder impingement).</p>
<p>Standing. The arms at sides, the dumbbells in hands. The arms make a circle, outwards and upwards, in the frontal plane, up over the head (above shoulder level turn the palms upwards). Then lower the arms down in front of the torso back to starting position.</p>	<p>For stability and mobility. Helps in increasing shoulder range of motion.</p> <p>Great for variety.</p> <p>The exercise can be performed supine for a different effect.</p>	<p>Different body/leg position. Standing, sitting, lying. On floor, bench or ball.</p> <p>Unilateral, bilateral.</p> <p>The arms can be lowered the same way they came up, as a side lateral variation. All of the exercise in the frontal plane.</p>

EXERCISE	TECHNIQUE
----------	-----------

(SIDE) LATERAL RAISE

Primary muscles:
Medial deltoid



**REVERSE OVERHEAD
SIDE LATERALS**

Primary muscles:
Anterior and medial deltoid



**LATERAL RAISE, HIGH,
WITH RESISTANCE BAND**

Primary muscles:
Anterior and medial deltoid



**DIAGONAL
FRONTAL RAISE**

Primary muscles:
Deltoids, supraspinatus



TECHNIQUE	NOTE	VARIATION
<p>Standing. Arms are straight, but not hypextended, at sides or in front of the body.</p> <p>Raise the arms to the side, to horizontal. Lower.</p> <p>Lift with the shoulders without unwanted movement in the lower back. Do not use a weight belt, the core muscles should stabilize.</p>	<p>Main exercise for targeting the middle part of the deltoids.</p> <p>Tip: You can lean the body a couple of degrees forward, the arms still straight to the side.</p> <p>Not recommended for general fitness, it increases the load on the lower back.</p> <p>Arms straight, but not hyperextended, elbows 'relaxed'.</p>	<p>Different leg position. Standing, sitting, kneeling.</p> <p>Unilateral, bilateral. Straight or bent arms. If the dumbbells are very heavy bend the arms. Over-, under-, neutral grip. Dumbbells, barbell, tube, band.</p>
<p>Standing. Arms straight to the side in horizontal plane.</p> <p>The palms face upwards, underhand grip on dumbbells.</p> <p>From here lift the arms up into vertical, upper arms by the side of the head.</p> <p>Lower the arms back to horizontal.</p>	<p>The palms face upwards throughout the movement.</p> <p>The arms are straight, but not hyperextended, elbows are 'relaxed'.</p>	<p>Different body/leg position. Standing, sitting, kneeling.</p> <p>Unilateral, bilateral.</p>
<p>Standing. Straight arms at sides or together in front of the body. Palms towards torso, band around hands. Band is anchored under the feet.</p> <p>Raise the arms in frontal plane, to the side, up past horizontal.</p> <p>The palms turn forward during the movement.</p> <p>Lower.</p>	<p>Functional exercise with a large range of motion.</p> <p>The are arms straight, but not hyperextended, elbows are 'relaxed'.</p>	<p>Different leg position.</p> <p>Unilateral, bilateral.</p> <p>Straight or bent arms.</p>
<p>Standing.</p> <p>Arms at sides of the torso or in front of thighs.</p> <p>Overhand grip on dumbbells, band or tube.</p> <p>Raise arms diagonally up and outwards to horizontal.</p> <p>Lower.</p>	<p>If you experience impingement symptoms, do not perform this exercise past your pain level.</p> <p>Variation: Hands face slightly downwards as if pouring water from a bottle.</p>	<p>Different body/leg position. Standing, sitting, kneeling.</p> <p>Unilateral, bilateral.</p> <p>With dumbbells, tube or band.</p>

EXERCISE	TECHNIQUE
----------	-----------

**REAR LATERAL RAISE
UNILATERAL
WITH TUBE OR BAND**

Primary muscles:
Medial deltoid



**REAR LATERAL RAISE
BILATERAL
WITH RUBBERBAND**

Primary muscles:
Medial deltoid



**AROUND THE WORLD
SIDELYING**

Primary muscles:
Medial deltoid



**LATERAL RAISE,
SIDELYING**

Primary muscles:
Medial deltoid,
supraspinatus



TECHNIQUE	NOTE	VARIATION
<p>Standing. Tube or band under opposite foot, behind the body. Resistance band in hand. Arm down at the side of body. Palm is facing downwards. Raise arm in frontal plane, to the side, up to horizontal. Lower.</p>	<p>The pull is slightly different when the resistance comes straight from the side.</p> <p>Contract the core muscles to stabilize the body.</p> <p>Arm straight, but not hyper-extended, elbow is 'relaxed'.</p>	<p>Different leg position.</p> <p>With tube or band.</p>
<p>Standing. The arms behind the body, palms towards each other, holding exercise band. Lift the arms to the side, away from each other, in frontal plane. Return with control.</p>	<p>Contract the core muscles to stabilize the body.</p> <p>Small range of motion.</p> <p>The arms are extended, but not locked, elbows are 'relaxed'.</p>	<p>Different leg position.</p> <p>With tube or band.</p>
<p>Sidelying. Top arm down by the side of the body. Palm forward. Lift arm laterally up to vertical, then lower the arm past the head (close to the ear). Arm moves in a semi-circle, in the horizontal plane in front of the body, back to starting position.</p>	<p>Arm is straight, but not locked, hyperextended, elbow is 'relaxed'.</p> <p>Note, that the arm rotates during the movement to avoid shoulder impingement.</p>	<p>Different leg position.</p> <p>On floor, bench or ball.</p>
<p>Sidelying. Top arm down at the side of the body or right in front of leg. Overhand grip on dumbbell. Lift arm up almost to vertical position. Lower.</p>	<p>Arm is straight, but not locked, hyperextended, elbow is 'relaxed'.</p>	<p>Different body position.</p> <p>On floor, bench or ball.</p>

EXERCISE	TECHNIQUE
----------	-----------

**SHOULDER EXTENSION
PRONE**

Primary muscles:
Posterior deltoid,
triceps brachii



BACK FLY, SIDELYING

Primary muscles:
Posterior deltoid



**BACK FLY
WITH BODYBAR**

Primary muscles:
Posterior deltoid,
rhomboids



**SHOULDER EXTENSION,
BENT ARMS**

Primary muscles:
Posterior deltoid,
triceps brachii



TECHNIQUE	NOTE	VARIATION
<p>Prone. Arms down at sides. Lift the arms straight upwards in sagittal plane. Lower, but stop just before the arms rest on the floor.</p>	<p>On a bench or ball the range of motion can be larger, which is preferable</p> <p>The arms/elbows are kept straight.</p>	<p>Different leg position.</p> <p>The angle of the arms to the torso may vary.</p> <p>One or both arms.</p> <p>On floor, ball or bench.</p> <p>With or without resistance.</p>
<p>Sidelying. Top arm straight and in front of the torso (90 degree angle). Overhand grip on dumbbell. Lift the arm up close to vertical position. Lower with control.</p>	<p>A different load through the range of motion compared to standing back fly.</p> <p>Arm/elbow is kept straight.</p>	<p>Different body position.</p> <p>On floor, bench or ball.</p>
<p>Standing. Legs are staggered. The body is leaning forward with the free hand on the thigh. Bodybar is supported by the inside of the foot of the back leg. The arm at the same side holds the bodybar. Lift the arm backwards in a semi-circular motion from the front of the body out and up.</p>	<p>Contract the core muscles to stabilize the body.</p> <p>Elbow is slightly bent. Avoid hyperextending the elbow in top position.</p>	<p>Different body position.</p>
<p>Standing. Straight arms down at sides or just behind the body. Lift the arms straight up/back in the sagittal plane. During the lift bend the arms. Lower with control.</p>	<p>Neck in neutral position: Ears above the shoulders. (In the photo the head has come slightly forward).</p>	<p>Different leg position.</p> <p>One or both arms. Bent or straight the arms. Over-, under-, neutral grip.</p> <p>Dumbbells, barbell, tube or band.</p>

EXERCISE	TECHNIQUE
----------	-----------

<p>SHOULDER EXTENSION</p> <p>Primary muscles: Posterior deltoid, triceps brachii</p>	
---	--

<p>SHOULDER EXTENSION BENT-OVER</p> <p>Primary muscles: Posterior deltoid, triceps brachii</p>	
---	---

<p>SHOULDER EXTENSION BENT-OVER WITH RESISTANCE BAND</p> <p>Primary muscles: Posterior deltoid, triceps brachii</p>	
--	--

<p>SHOULDER EXTENSION, UNILATERAL, KNEELING</p> <p>Primary muscles: Posterior deltoid, triceps brachii</p>	
---	--

TECHNIQUE	NOTE	VARIATION
<p>Standing. Arms down by the side. Lift arms straight back In the sagittal plane. Lift with the shoulders with no unwanted movement of the torso. Lower. Stop, while arms are just behind the body, before vertical position.</p>	<p>Contract the core muscles to stabilize the body.</p> <p>Neck in neutral position.</p> <p>The arms/elbows are kept straight.</p>	<p>Different body/leg position.</p> <p>Unilateral, bilateral.</p> <p>Straight or bent arms.</p> <p>Over-, under-, neutral grip.</p> <p>With dumbbells, barbell, tube, band.</p>
<p>Standing. Forward lean. Arms down a little behind vertical position. Lift the arms straight back and upwards in the sagittal plane. Lift with the shoulders without unwanted movement of the torso. Lower, stop just before vertical position.</p>	<p>Contract the core muscles to stabilize the body.</p> <p>Beginners and people with back problems should perform the exercise with only one arm, while the other is supported on the thigh.</p> <p>The elbows are kept straight.</p>	<p>Different body/leg position.</p> <p>Unilateral, bilateral.</p> <p>With or without support.</p> <p>Straight or bent arms.</p> <p>Over-, under-, neutral grip.</p> <p>Dumbbells, barbell, tube, band.</p>
<p>Standing. Forward lean. The arms down, close to vertical position. Lift the arms back in the sagittal plane. Lift with the shoulders with no unwanted movement of the torso. Lower to vertical, stop, while there is still tension in the band.</p>	<p>Contract the core muscles to stabilize the body.</p> <p>Neck in neutral position.</p> <p>The arms/elbows are kept straight.</p>	<p>Different body/leg position.</p> <p>Unilateral, bilateral.</p> <p>Straight or bent arms.</p> <p>Over-, under-, neutral grip.</p> <p>With tube or band.</p>
<p>Kneeling. One knee on bench. Body is leaning forward. Hand of the same side on the bench. Working arm down. Lift arm straight back In the sagittal plane. Lift with shoulder with no unwanted movement of the back. Lower, stop just before the arm reaches vertical position.</p>	<p>Contract the core muscles to stabilize the body.</p> <p>Neck in neutral position.</p> <p>Arm/elbow is kept straight.</p>	<p>Different body/leg position.</p> <p>Unilateral, bilateral.</p> <p>With or without support.</p> <p>Straight or bent arms.</p> <p>Over-, under-, neutral grip.</p>

EXERCISE	TECHNIQUE
----------	-----------

**BACK FLYS,
PRONE
(PRONE REVERSE FLYS)**

Primary muscles:
Posterior deltoid,
rhomboids, middle trapezius



**BACK FLYS, UNILATERAL,
KNEELING
WITH TUBE**

Primary muscles:
Posterior deltoid,
rhomboids, middle trapezius



**BACK FLYS,
WITH FORWARD LEAN
(REVERSE FLYS)**

Primary muscles:
Posterior deltoid,
rhomboids, middle trapezius



**BACK FLYS, STANDING
(REVERSE FLYS)
WITH TUBE/BAND**

Primary muscles:
Posterior deltoid,
rhomboids, middle trapezius



TECHNIQUE	NOTE	VARIATION
<p>Prone. The arms straight to the side. Dumbbells in hands, overhand grip. Lift arms upwards in the horizontal plane. In top position adduct the shoulder blades. Lower.</p>	<p>An important postural exercise. On a bench or ball the range of motion is greater, which is preferable.</p>	<p>One or both arms. With or without resistance. On floor, ball or bench. AT DIFFERENT ANGLES Arms extended over the head, 45° up and out, 45° down and out, and all angles in between.</p>
<p>Kneeling. Forward lean. Arms down. Tube/band in hand. Tube/band anchored under the front foot. Lift the arm straight outwards in a bent-over lateral raise. In top position adduct the shoulder blade. Lower with control.</p>	<p>Contract the core muscles to stabilize the body.</p>	<p>Different body/leg position. Unilateral, bilateral. With or without support. Straight or bent arms. Over-, under-, neutral grip. With dumbbells, barbell, tube, band.</p>
<p>Standing. Forward lean. Arms down in front of the body. Dumbbells in the hands. Lift the arms straight out and upwards past horizontal. Lower with control</p>	<p>An important postural exercise. First part of the exercise involves the back of the shoulders, the last part, when the shoulder blades are adducted, the rhomboids and middle trapezius.</p>	<p>Different body/leg position. With or without support. One or both arms With dumbbells, barbell, tube or band.</p>
<p>Standing. The arms straight in front of the body. Elbows slightly bent. The hands hold tube or band, which is anchored by a wall bar (or partner) in front of the body. Pull the arms outwards and backwards in horizontal plane. Resist the return movement.</p>	<p>An important exercise for good posture. First part of the exercise involves the back of the shoulder, the last part, when the shoulder blades are adducted, the rhomboids and middle trapezius.</p>	<p>Different leg position. One or both arms. Bent or straight arms. Overhand grip or neutral grip.</p>