

## 5: Reverse Flies

- Clip at mid-back height
- Same as Forward Flies in reverse direction
- Palms move away from each other
- Bend knees; keep chin over toes and head still

**Exercise 5**  
Step 1



**Exercise 5**  
Step 2



**Exercise 6**  
Step 1



**Exercise 6**  
Step 2



## 6: Internal Rotation

- Clip at hip height
- Elbow on hip
- Arm at right angle
- Place off-hand under armpit
- Maintain level shoulders
- Rotate arm towards opposite hip