

The BodyFly® Fitness Basic 15 Exercises

Group 2: Upper Body (UB)

Half Kneeling Incline Chest Press

Primary Muscles Worked: Chest, Front Shoulders, Triceps

Cable Position: 3-9 o'clock

Set-Up:

- Kneel with right knee on the ground, bracing ball of the right foot against the platform.
- Left knee is bent and aligned over left ankle, foot flat on ground.
- Hold a handle in each hand with an overhand grip with elbows bent at the sides of your torso.

Action:

- Contract chest muscles to straighten arms in front of you overhead, wrists straight.
- Bend elbows to return to start position and repeat.

Modifications:

Place a towel or mat under knee on the ground if needed; do the same exercise seated on the platform.



Half Kneeling Incline Chest Press - A Setup



Half Kneeling Incline Chest Press - B Execution



Seated 2 Arm Lat Row - A Setup



Seated 2 Arm Lat Row - B Execution

Seated 2-Arm Lat Row

Primary Muscles Worked: Back, Shoulders, Biceps

Cable Position: 3-9 o'clock

Set-Up:

- Sit up tall on the ground with legs straight, arches against the platform.
- Grasp a handle in each hand, arms extended in front of you, palms facing each other.

Action:

- Contract your back muscles, draw shoulder blades together and down.
- Bend elbows back toward your rib cage, keeping arms close to your body.
- Pause; then, straighten arms to start position and repeat.

Modifications: Bend knees if needed to maintain sitting up straight without slouching.

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Group 2: Upper Body (UB)

Biceps Curl to Overhead Press

Primary Muscles Worked: Biceps, Shoulders
Cable Position: 3-9 o'clock



Biceps Curl to OH Press - A



Biceps Curl to OH Press - B



Biceps Curl to OH Press - C

Set-Up:

- Standing on top of the platform, legs straight, hold a handle in each hand, arms at your sides, palms face forward.

Action:

- Bend elbows, bringing handles toward your shoulders.
- Rotate palms to face each other and press arms directly overhead.
- Bend arms to lower, then straighten to start position.

Modifications: Do one arm at a time for an easier version.

Kneeling Triceps Overhead Extension

Primary Muscles Worked: Back, Triceps
Cable Position: 3-9 o'clock



Kneeling Triceps OH Extension - A Setup



Kneeling Triceps OH Extension - B Execution

Set-Up:

- Kneel on the platform, with your back aligned to the cable, legs slightly apart.
- Hold a single handle by the side straps with both hands behind your head, elbows bent; the handle itself will be free.

Action:

- Straighten arms directly overhead without lifting shoulders.
- Bend elbows to start position and repeat.
- Only the arms are moving, your body remains motionless.

Modifications: Do the same exercise in a Half Kneeling Lunge Position for more support.

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Group 2: Upper Body (UB)

Cable Cross Bent-Over High Row

Primary Muscles Worked: Upper Back, Rear Shoulders

Cable Position: 3-9 o'clock



**Cable Cross Bent-over
High Press - A Setup**



**Cable Cross Bent-over
High- Press - B Execution**

Set-Up:

- Stand toward the back end of the platform - Hinge forward from your hips, slight bend to your knees.
- Grasp handles, cross them and hold opposite hand in each hand, arms hanging straight, palms face back toward your legs.

Action:

- Draw your shoulder blades together, bend elbows up and back behind you.
- Return to start position, straightening arms.

Modifications: Bend knees as needed.