

## Y-Flies - one-legged - Group: Flies



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

**Muscle Primary:** Back, Shoulder

**Muscle Secondary:** Abdominis, Arm

**Difficulty:** Difficulty level 1

**Other:** 1 Sling, Shoulder height, Hip height

### Description

1. The upper body is erected at (almost) stretched elbow joints and simultaneous movement of the arms upwards. 2. The upper body is brought by return of the arms in the starting position.

### Advice

In the final position, try to bring the scapulae as close together as possible to optimally load the upper back muscles.