

What is a Pectoral Fly ?

A **fly** (or **flye**) is a [strength training](#) exercise in which the [hand](#) and [arm](#) move through an [arc](#) while the [elbow](#) is kept at a constant angle. Flies are used to work the [muscles](#) of the [upper body](#). Because these exercises use the arms as [levers](#) at their longest possible length, the amount of weight that can be moved is significantly less than equivalent press exercises for the same muscles (the [military press](#) and [bench press](#) for the shoulder and chest respectively).

Pectoral Fly – Model LB/100



One of the easiest pre-select machines to use for the development of the pectoral.

Both arms could be used simultaneously or individually. This machine is excellent to use for the prestretch motion.

Legend Industrial Gym Equipment Port Elizabeth.

- **Solid structural design**
- **60 mm by 2.5mm structural tubing.**
- **Weight stacks**
- **All popular designs**
- **Customized designs and requests welcomed.**
- **High density foam padding**
- **Powder coating or spray painted finishes.**

Our Contact Details:

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Delivery anywhere in South Africa.

[Pectoral Fly – Model LB/100 – Manufactured by Legend Gym Equipment](#)

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