

Pec Deck

Machine chest fly / vertical handles

Keep a soft elbow bend while bringing the machine handles toward the front of your chest.



1 Open starting position / 3 Return to this position slowly

Main target: pectoralis major

The chest muscles bring the upper arms across the front of the body.

Assistance and stabilization

The front deltoids assist. The biceps can help stabilize the elbows while the bend is maintained.

How the exercise works

Shoulder horizontal adduction drives the movement. The backrest and lever path support the fly arc. Resistance feel and adjustments vary by machine.

1 Set the open position

Sit against the backrest with both feet planted. Set the grips near chest height and elbows just below the shoulders. Hold the vertical grips with a soft elbow bend. Choose a comfortable opening without forcing the arms backward.

This guide shows a handle machine. Forearm-pad machines use different contact points and elbow positions; follow their instructions.

Close, pause, return

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2 Sweep inward

Keep the elbow bend almost fixed as the handles arc toward the front of your chest. Keep the shoulders down and torso supported. Pause briefly without colliding the handles.

3 Open slowly to return

Follow the same arc back to the controlled starting position. Avoid bouncing or letting the weights drop.

2 Pause in front of the chest. Keep the handles separate.

Technique checks

- Maintain the fly arc rather than straightening the elbows into a chest press.
- Keep a stable grip and wrist alignment.
- Avoid leaning forward or arching the torso to gain range.

Use a manageable load and comfortable range. Stop if pain occurs. Follow the machine placard for adjustments and entry or exit.

References

1. Cybex VR3 Fly manual, p14 - [kb.cybexintl.com / 12111-999-4.pdf](http://kb.cybexintl.com/12111-999-4.pdf)
2. PureGym Machine Fly - puregym.com/exercises/chest/chest-fly/machine-fly/
3. Reference video: PureGym - youtube.com/watch?v=eGjt4lk6g34

Model reference: A.png / The same pose images are used in both languages.