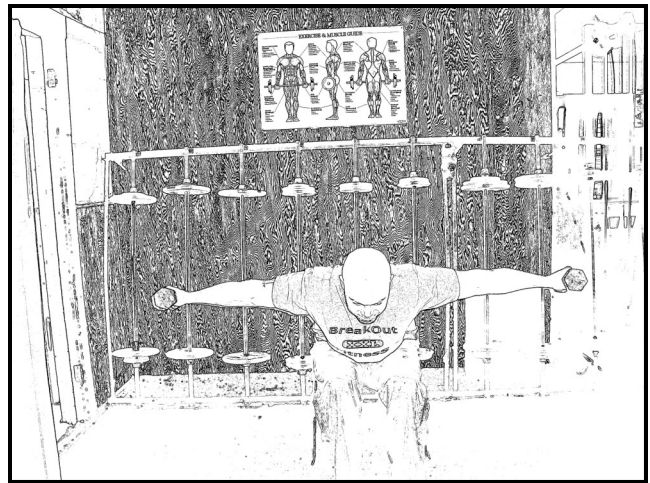
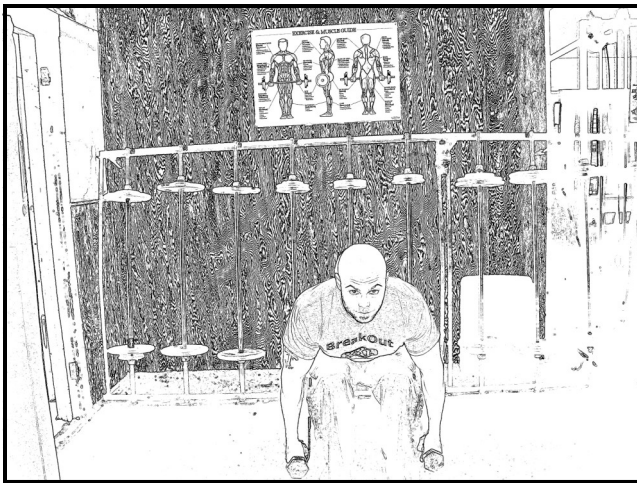


# Seated Butterfly Lift

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Upper back, Rear shoulder muscles

Sit in a sturdy, armless chair with knees under toes and feet shoulder width apart, keeping arms relaxed at your side. Holding the appropriate weight in each hand, lean forward and rest your abdominal muscles on your thighs if possible, letting arms hang straight down. This is the starting position. Lift weights up and out to shoulder height, keeping arms parallel to the floor, then return to the starting position in a smooth and controlled movement.

Repeat for 2-3 sets of 8-15 reps.