

SUPER FLY

PL-FLY

**HAMMER
STRENGTH**



Athlete Credit: Luke Carlson

DESCRIPTION

The Super Fly isn't your typical fly machine. Designed to push the boundaries of chest training, it offers both flat and decline fly positions, giving athletes the flexibility to target the chest from multiple angles for maximum muscle engagement. The multiple, flaring FreedomFly back pads allow the shoulders to move freely and deeper during each rep—without rubbing or restriction.

Whether you're chasing strength, endurance, or muscle definition, the Super Fly takes your chest workout to the next level, providing superior range of motion and optimized comfort for every press and fly movement.

EXERCISES

- Flat Chest Fly
- Decline Chest Fly

SPECS / VIDEO



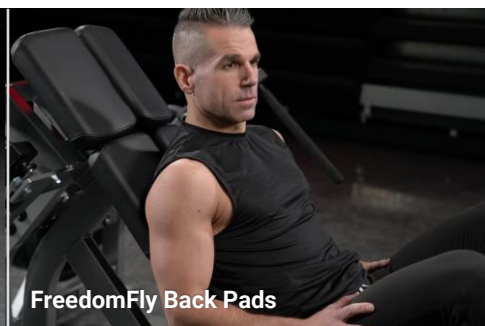
FEATURES



Flat-to-Decline Adjustment



Extra Long Handles



FreedomFly Back Pads