



Workout Routine Sample

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Workout Routine - Swiss Ball - Broad Shoulders

Printed on Jun 21 2011

Workout Routine Snapshot

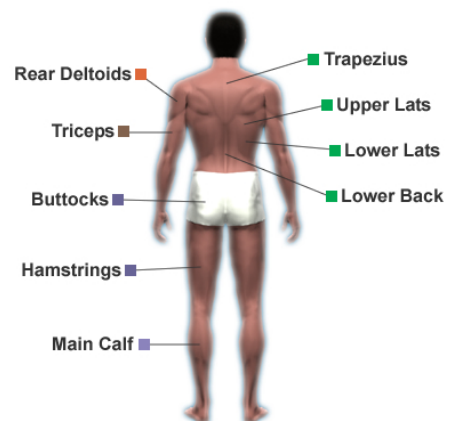
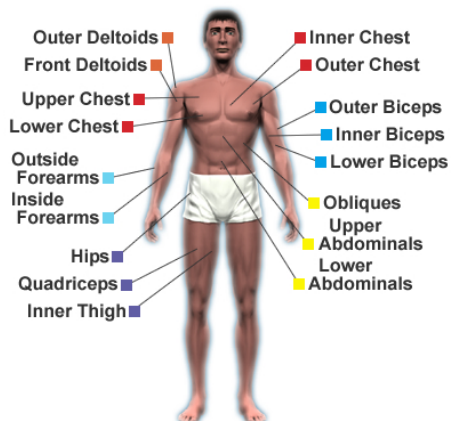
1 Workout Days


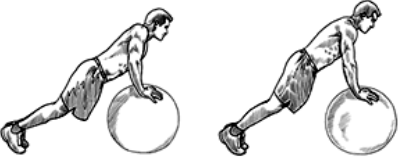

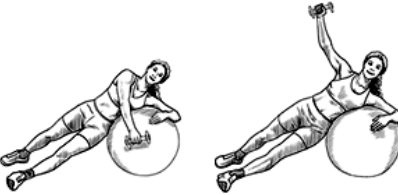
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Shoulders



	<p>■ Shoulders Rear Deltoid Row and Rotation (Ball)</p> <p>Secondary Muscles Rear Deltoids, Trapezius</p> <p>Starting Position Lie prone with your belly against the ball, back and legs extended and hold dumbbells down to your sides, arms extended.</p> <p>Motion Raise the dumbbells straight up until your elbows are at 90 degree angles then rotate them up and slowly lower them down after a short pause.</p> <p>Tips/Caution When rotating up keep the angle in your elbows still throughout.</p>
	<p>■ Shoulders Scapular Protraction (Ball)</p> <p>Secondary Muscles Front Deltoids, Chest</p> <p>Starting Position Lie prone with your hands on top of the ball, back and legs extended.</p> <p>Motion Push yourself up by only moving your shoulder blades away from each other and allow them to slowly return after a short pause.</p> <p>Tips/Caution Breathe out while raising and breathe in while returning to starting position.</p>
	<p>■ Shoulders Rear Deltoid Raise (Ball) - Elbows Bent</p> <p>Secondary Muscles Rear Deltoids, Trapezius</p> <p>Starting Position Lie prone with your belly against the ball, back and legs extended and hold dumbbells down to your sides, elbows at 90 degree angles.</p> <p>Motion Keeping the angles in your elbows still raise your elbows up until your upper arms are parallel to the floor and slowly lower them back down after a short pause.</p> <p>Tips/Caution Breathe out while rolling up and breathe in while returning to starting position.</p>
	<p>■ Shoulders Rear Deltoid Raise (Ball) - Lying Sideways</p> <p>Secondary Muscles Rear Deltoids, Trapezius</p> <p>Starting Position Lean on your left side pressed against the ball, back and legs extended and hold a dumbbell with your right hand, arms extended.</p> <p>Motion Keeping the angle in your elbow still raise the dumbbell out and up and slowly lower it back after a short pause.</p> <p>Tips/Caution Breathe out while raising and breathe in while returning to starting position.</p>