



# Workout Routine Sample

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## Workout Routine - Swiss Ball - Large Chest

Printed on Jun 21 2011

### Workout Routine Snapshot

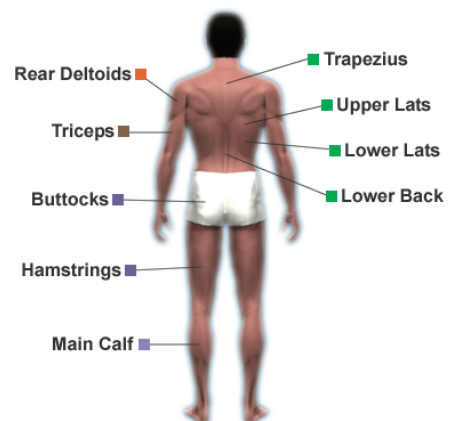
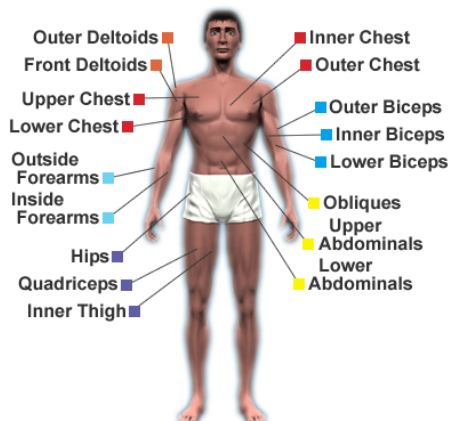
1 Workout Days

0 Cardio Exercises





4 Strength Training →

0 Stretching Exercises

4 ■ Chest





	<p>■ <b>Chest   Push Up (Ball)</b></p> <p><b>Secondary Muscles</b> Triceps, Front Deltoids, Lower Chest</p> <p><b>Starting Position</b> Lie prone with your hands on top of the ball, legs and back fully extended.</p> <p><b>Motion</b> Push yourself up by extending your arms and slowly lower yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while pushing and breathe in while returning to starting position.</p>
	<p>■ <b>Chest   Push Up (Ball) - Feet Up</b></p> <p><b>Secondary Muscles</b> Triceps, Front Deltoids, Upper Chest</p> <p><b>Starting Position</b> Lie prone with your thighs on top of the ball, legs and back fully extended and hands on the floor, elbows bent.</p> <p><b>Motion</b> Push yourself up by extending your arms and slowly lower yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while pushing and breathe in while returning to starting position.</p>
	<p>■ <b>Chest   Chest Fly (Ball)</b></p> <p><b>Secondary Muscles</b> Outer Chest, Front Deltoids</p> <p><b>Starting Position</b> Lie on your back, shoulder blades on top of the ball, back extended, knees flexed at 90 degree angles and hold dumbbells out to each side of your body.</p> <p><b>Motion</b> Keeping your elbows just slightly bent, roll the dumbbells in and up and slowly lower them down after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while pulling the dumbbells in and up and breathe in while returning to starting position.</p>
	<p>■ <b>Chest   Dumbbell Press (Ball)</b></p> <p><b>Secondary Muscles</b> Triceps</p> <p><b>Starting Position</b> Lie on your back, shoulder blades on top of the ball, back extended, knees flexed at 90 degree angles and hold dumbbells on each side of your chest.</p> <p><b>Motion</b> Push the dumbbells straight up and slowly lower them down after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while pushing and breathe in while returning to starting position.</p>