



Workout Routine Sample

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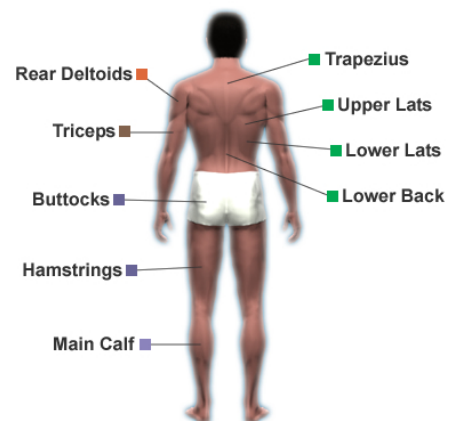
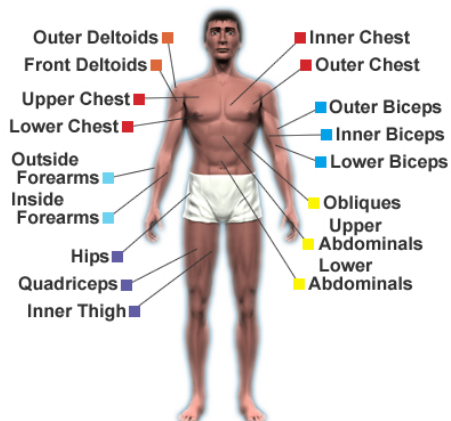
Workout Routine - Swiss Ball - Ripped Arms

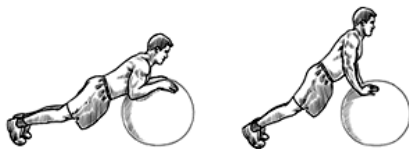

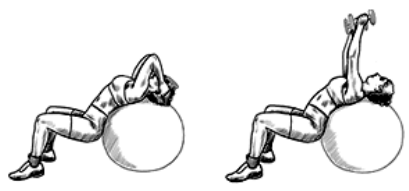
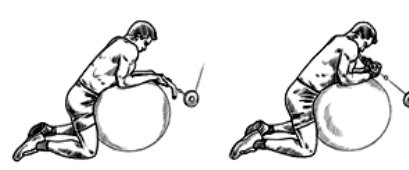
Printed on Jun 21 2011

Workout Routine Snapshot

1 Workout Days
0 Cardio Exercises
4 Strength Training →
0 Stretching Exercises

2 ■ Triceps
1 ■ Biceps
1 ■ Forearms



	<p>■ Triceps Triceps Extension (Ball)</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Lie prone with your forearms on top of the ball, back and legs fully extended.</p> <p>Motion Push yourself up by rolling the ball towards your hands to extend your arms and slowly lower yourself back down after a short pause.</p> <p>Tips/Caution Focus on exercising the triceps.</p>
	<p>■ Biceps Biceps Curl (Ball) - Preacher; One-at-a-Time</p> <p>Secondary Muscles Inside Forearms, Lower Biceps</p> <p>Starting Position Kneel down in front of the ball and rest your upper arm on top of it while holding a dumbbell.</p> <p>Motion Raise the dumbbell towards your shoulder and slowly lower it back after a short pause. Alternate sides after each set.</p> <p>Tips/Caution Keep your back and upper arm still throughout.</p>
	<p>■ Triceps Triceps Extension (Ball) - Weighted</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Lie on your back, shoulder blades against the ball, buttocks off the floor and hold dumbbells on each side of your head, upper arms perpendicular to the floor.</p> <p>Motion Raise the dumbbells up by straightening your arms and slowly lower them back after a short pause.</p> <p>Tips/Caution Keep your upper arms still throughout.</p>
	<p>■ Forearms Wrist Curl (Ball)</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Kneel in front of the ball, rest your forearms on it and grasp the handles with your palms facing up.</p> <p>Motion Pull the handles by curling your wrists and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your forearms pressed against the ball throughout.</p>