



# Workout Routine Sample

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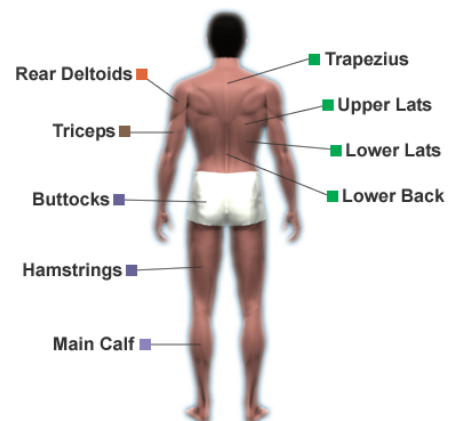
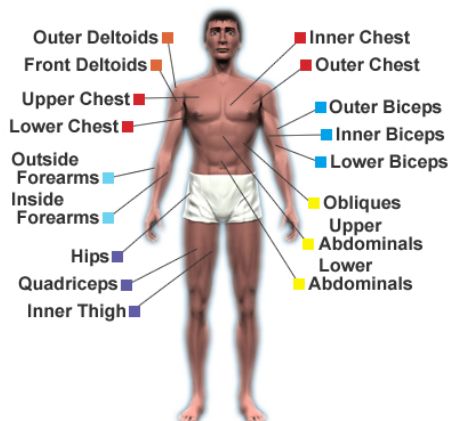
## Workout Routine - Stretch Bands - Beginners

Printed on Jul 19 2011

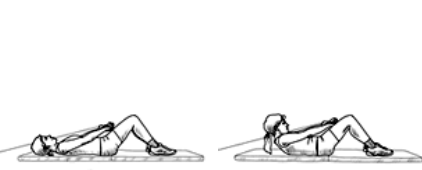



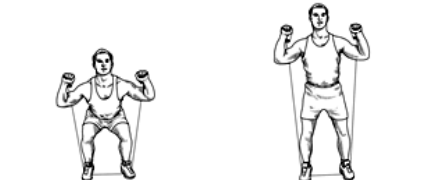

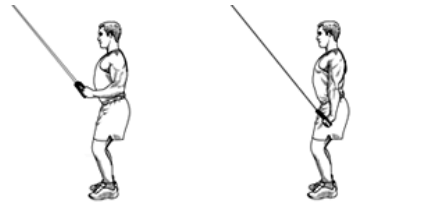
### Workout Routine Snapshot

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

1 ■ Abs  
1 ■ Back  
1 ■ Biceps  
1 ■ Chest  
1 ■ Shoulders  
1 ■ Thighs  
1 ■ Triceps





|  |  |
|--|--|
|    | <p><b>Abs   Crunch (Band)</b></p> <p><b>Secondary Muscles</b> Upper Abdominals</p> <p><b>Starting Position</b> Secure the tubing low, lie down on your back and hold the handles with your arms extended above your knees, palms facing down.</p> <p><b>Motion</b> Roll your shoulder plates from up the floor while stretching the tubing and slowly lower yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your arms extended throughout.</p>   |
|    | <p><b>Back   Row (Band) - Seated</b></p> <p><b>Secondary Muscles</b> Biceps, Lats, Rear Deltoids</p> <p><b>Starting Position</b> Secure the tubing low, sit down with your legs extended and grab both handles on top of your knees, arms extended and palms facing each other.</p> <p><b>Motion</b> Pull the handles back towards your abdomen and allow them to slowly return after a short pause.</p> <p><b>Tips/Caution</b> Keep your back straight and still throughout.</p>  |
|    | <p><b>Chest   Chest Press (Band)</b></p> <p><b>Secondary Muscles</b> Triceps</p> <p><b>Starting Position</b> Secure the tubing at medium height behind you and grab one handle with your hand near your shoulder, palm facing down.</p> <p><b>Motion</b> Push the handle straight forward until your arm is extended and parallel to the floor and allow it to slowly return after a short pause.</p> <p><b>Tips/Caution</b> Keep your feet solidly in place throughout.</p>   |
|   | <p><b>Shoulders   Shoulder Press (Band)</b></p> <p><b>Secondary Muscles</b> Triceps, Front Deltoids, Outer Deltoids</p> <p><b>Starting Position</b> Secure the tubing underneath your feet and grab the handles with your hands over your shoulders, elbows bent and palms facing forward.</p> <p><b>Motion</b> Push the handles straight up until your arms are close to being fully extended and allow them to slowly return after a short pause.</p> <p><b>Tips/Caution</b> Keep your feet solidly in place throughout.</p> |
|  | <p><b>Thighs   Squat (Band)</b></p> <p><b>Secondary Muscles</b> Buttocks, Quadriceps</p> <p><b>Starting Position</b> Secure the tubing underneath your feet, crouch down and hold the handles with your hands on each sides of your shoulders, palms facing forward.</p> <p><b>Motion</b> Push yourself up by extending your legs and allow yourself slowly back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your feet solidly in place throughout.</p>  |
|  | <p><b>Biceps   Biceps Curl - (Band)</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Secure the tubing underneath your foot and grab the handles with your hands in front of your thighs, arms extended and palms facing up.</p> <p><b>Motion</b> Pull the handles towards your shoulders by curling your elbows and allow them to slowly return after a short pause.</p> <p><b>Tips/Caution</b> Keep your upper arms immobile throughout.</p>  |
|  | <p><b>Triceps   Triceps Pushdown (Band)</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Secure the tubing high in front of you and hold the handles with your hands in front of your abdomen, palms facing each other, elbows bent at 90 degree angles.</p> <p><b>Motion</b> Pull the handles down by extending your arms completely and allow them to slowly return after a short pause.</p> <p><b>Tips/Caution</b> Keep your upper arms immobile throughout.</p>                         |