



Workout Routine Sample

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Workout Routine - Stretch Bands - Broad Shoulders

Printed on Jul 19 2011

Workout Routine Snapshot

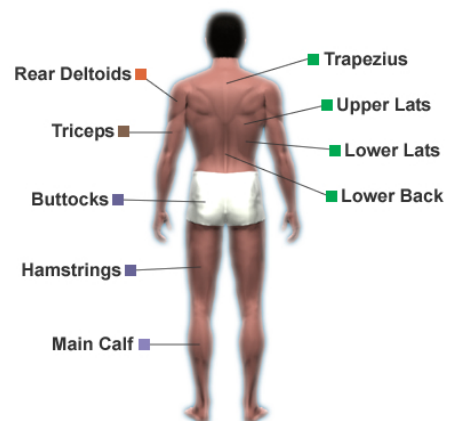
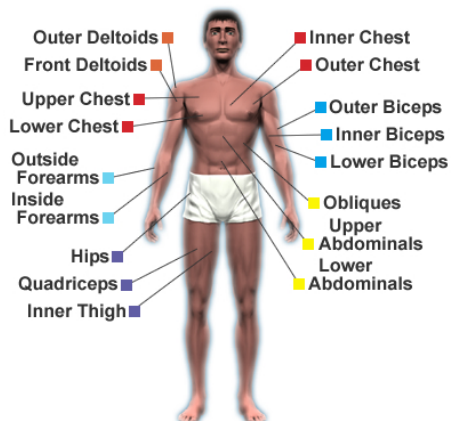
1 Workout Days

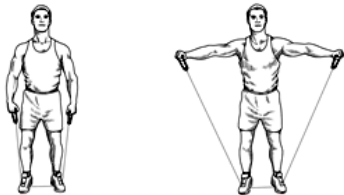
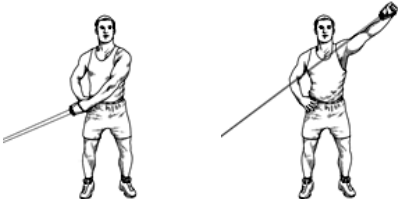
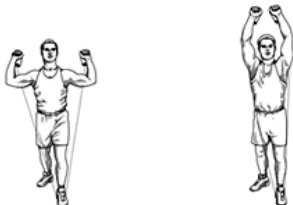
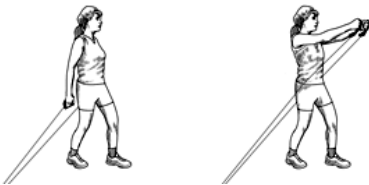
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Shoulders



	<p>■ Shoulders Lateral Deltoid Raise (Band)</p> <p>Secondary Muscles Outer Deltoids, Trapezius</p> <p>Starting Position Secure the tubing underneath your feet and grab the handles with your hands on each sides of your thighs, palms facing each other.</p> <p>Motion Pull the handles out and up until your arms are parallel to the floor and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your arms extended (or close to it) throughout.</p>
	<p>■ Shoulders Rear Deltoid Raise (Band)</p> <p>Secondary Muscles Rear Deltoids, Trapezius</p> <p>Starting Position Secure the tubing low on your side and grab one handle with the hand furthest from it in front of your thighs, palm facing you.</p> <p>Motion Pull the handle out and up until your hand reaches your head level and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your arm extended (or close to it) throughout.</p>
	<p>■ Shoulders Shoulder Press (Band)</p> <p>Secondary Muscles Triceps, Front Deltoids, Outer Deltoids</p> <p>Starting Position Secure the tubing underneath your feet and grab the handles with your hands over your shoulders, elbows bent and palms facing forward.</p> <p>Motion 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>Tips/Caution Keep your feet solidly in place throughout.</p>
	<p>■ Shoulders Front Deltoid Raise (Band)</p> <p>Secondary Muscles Front Deltoids, Trapezius</p> <p>Starting Position Secure the tubing low behind you and grab the handles with your hands on each sides of your thighs, palms facing each other.</p> <p>Motion Pull the handles up until your arms are parallel to the floor and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your arms extended (or close to it) throughout.</p>