



Workout Routine Sample

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FitnessBliss.com

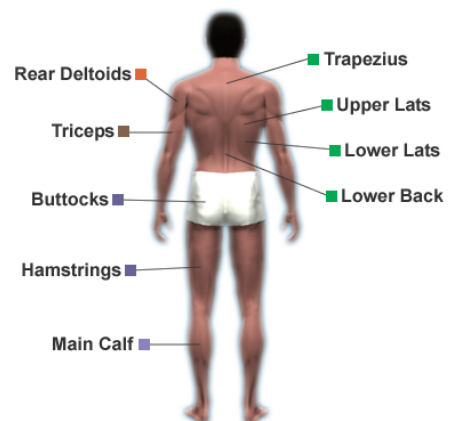
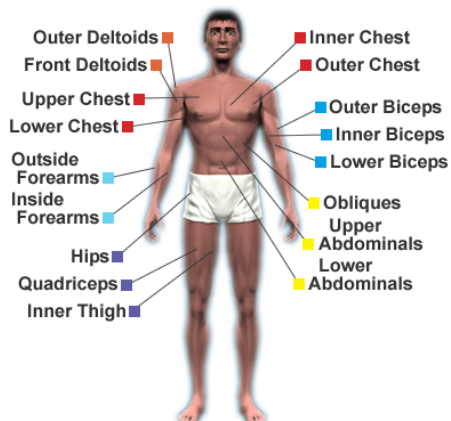
Workout Routine - Stretch Bands - Core


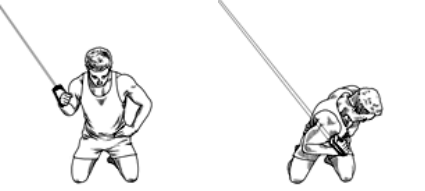

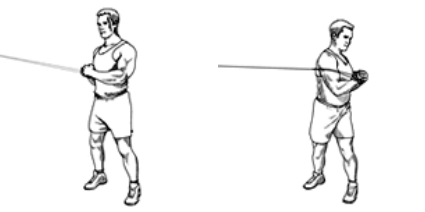
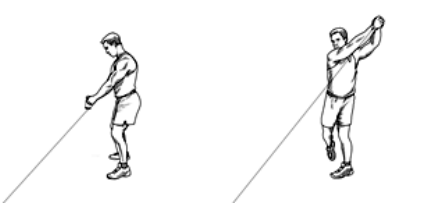
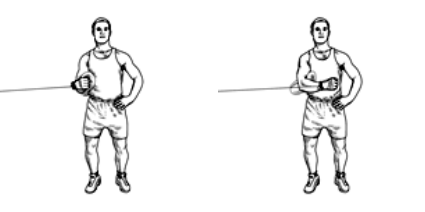
Printed on Jul 19 2011

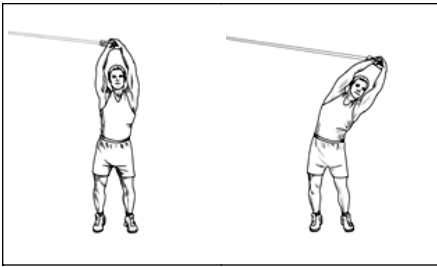
Workout Routine Snapshot

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

5 ■ Abs
1 ■ Back
1 ■ Shoulders



	<p>Abs Crunch (Band)</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position 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>Motion Roll your shoulder plates from up the floor while stretching the tubing and slowly lower yourself back down after a short pause.</p> <p>Tips/Caution Keep your arms extended throughout.</p>
	<p>Abs Twisting Crunch (Band) - Kneeling</p> <p>Secondary Muscles Obliques</p> <p>Starting Position Secure the tubing high, kneel down on the floor and hold one handle with your hand near its shoulder, elbow bent.</p> <p>Motion Tilt your upper body forward and rotate it while stretching the tubing towards your other side's knee and slowly raise yourself back up after a short pause.</p> <p>Tips/Caution Keep the angle in your elbow constant throughout.</p>
	<p>Back Arm-Leg Extension (Band)</p> <p>Secondary Muscles Hamstrings, Buttocks, Lower Back, Upper Back</p> <p>Starting Position Secure the tubing to your feet, kneel on your other side's knee and grab the handle with that same side's hand.</p> <p>Motion Stretch the tubing by extending your leg and arm until it is parallel to the floor and slowly return back to the starting position after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>Abs Trunk Rotation (Band)</p> <p>Secondary Muscles Trunk, Obliques</p> <p>Starting Position Secure the tubing at medium height, stand up and grab both handles with your hands in front of your abdomen, elbows at 90 degree angles.</p> <p>Motion Rotate your upper body towards your left and slowly return to your starting position before going to the right side and returning.</p> <p>Tips/Caution Keep the angles in your elbows constant throughout.</p>
	<p>Abs Trunk Rotation (Band) - Arms Extended; Low to High</p> <p>Secondary Muscles Trunk, Obliques</p> <p>Starting Position Secure the tubing low, stand up and grab both handles with your hands, arms extended out in front of your hips.</p> <p>Motion Rotate your upper body towards your left while bringing your hands up and slowly return to your starting position before going to the right side and returning.</p> <p>Tips/Caution Keep your arms extended out in throughout.</p>
	<p>Shoulders Shoulder Rotation (Band) - Internal</p> <p>Secondary Muscles Lats, Front Deltoids, Chest</p> <p>Starting Position Secure the tubing at medium height on your side and grab the handle with the hand closest to it in front of you, upper arm pressed against your abdomen and elbow bent.</p> <p>Motion Pull the handle in towards your abdomen and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your upper arm pressed against your abdomen and elbow bent throughout.</p>



■ **Abs | Side Bend (Band)**

Secondary Muscles Obliques

Starting Position Secure the tubing high, stand up sideways and grab both handles with your hands, arms extended up on top of your head.

Motion Tilt your upper body to your left and slowly bringing it back after going to your right side and then returning to your starting position.

Tips/Caution Keep your arms extended out above your head throughout.