



Workout Routine Sample

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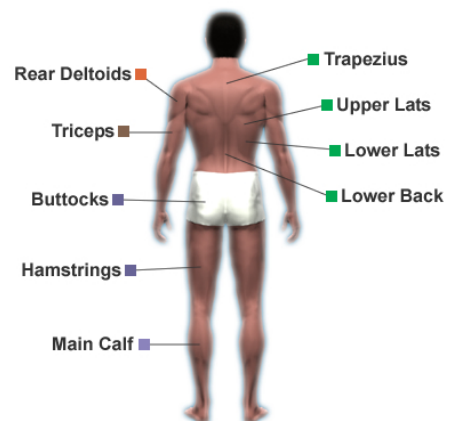
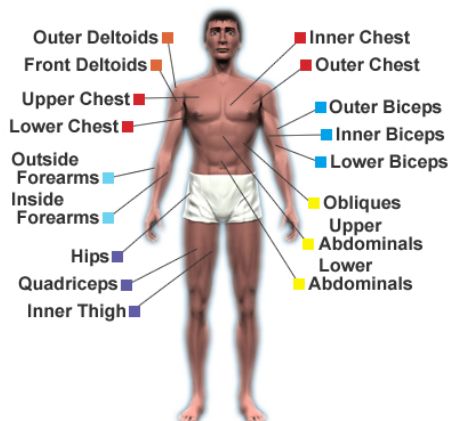
Workout Routine - Stretch Bands - Full Body

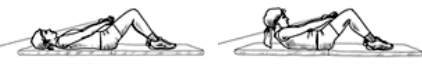



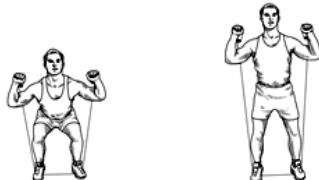

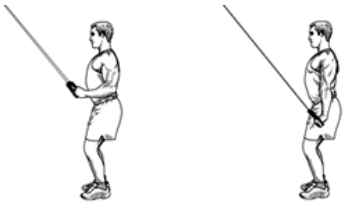
Printed on Jul 19 2011

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>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>Back Row (Band) - Seated</p> <p>Secondary Muscles Biceps, Lats, Rear Deltoids</p> <p>Starting Position 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>Motion Pull the handles back towards your abdomen and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your back straight and still throughout.</p>
	<p>Chest Chest Press (Band)</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Secure the tubing at medium height behind you and grab one handle with your hand near your shoulder, palm facing down.</p> <p>Motion 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>Tips/Caution Keep your feet solidly in place 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>Thighs Squat (Band)</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position 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>Motion Push yourself up by extending your legs and allow yourself slowly back down after a short pause.</p> <p>Tips/Caution Keep your feet solidly in place throughout.</p>
	<p>Biceps Biceps Curl - (Band)</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position 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>Motion Pull the handles towards your shoulders by curling your elbows and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your upper arms immobile throughout.</p>
	<p>Triceps Triceps Pushdown (Band)</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position 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>Motion Pull the handles down by extending your arms completely and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your upper arms immobile throughout.</p>