



Workout Routine Sample

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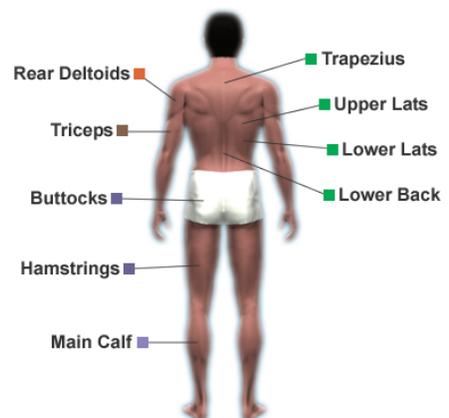
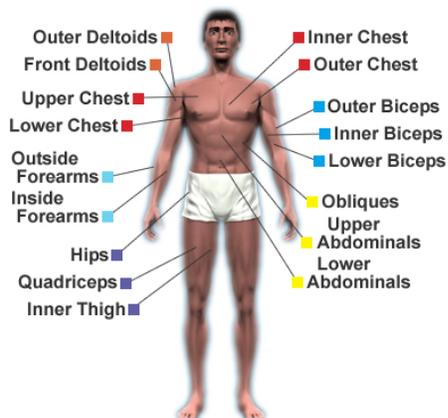
Workout Routine - Stretch Bands - Lower Body

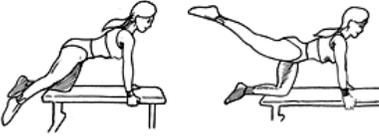
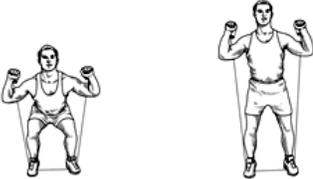
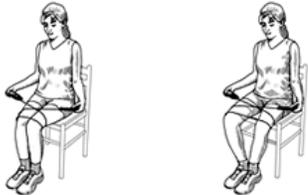
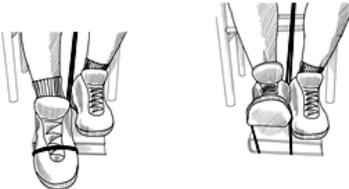
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Workout Routine Snapshot

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

6 ■ Thighs
1 ■ Calves



	<p>■ Thighs Hip Extension - on Knee</p> <p>Secondary Muscles Hamstrings, Buttocks</p> <p>Starting Position Kneel down on one knee on a bench, hold the sides of it with your hands and lift the other knee slightly off the bench.</p> <p>Motion Raise your leg up until your foot is higher than your buttocks (if you can) and lower it back down slowly after a short pause. Alternate legs.</p> <p>Tips/Caution Maintain the same small arch in your knee throughout.</p>
	<p>■ Thighs Leg Extension (Band)</p> <p>Secondary Muscles Quadriceps</p> <p>Starting Position Lie on your back, one leg extended on the floor and the other in the air and secure the tubing to your foot that is in the air, knee bent at a 90 degree angle.</p> <p>Motion Pull the foot handle up by extending your leg and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your thigh perpendicular to the floor and immobile throughout.</p>
	<p>■ Thighs Bridging</p> <p>Secondary Muscles Hamstrings, Buttocks, Abs</p> <p>Starting Position Lie on the floor, knees at 90 degree angles and place your hands flat on the floor, arms extended.</p> <p>Motion Raise your buttocks from the floor as high as you comfortably can and lower it back down after a short pause.</p> <p>Tips/Caution Your feet and hands should not move 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>■ Thighs Hip Abduction (Band)</p> <p>Secondary Muscles Hips</p> <p>Starting Position Sit on a bench and tie your thighs together close to each other using the tubing.</p> <p>Motion Pull your thighs away from each other by stretching the tubing and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your feet solidly in place throughout.</p>
	<p>■ Thighs Hip Abduction - Lying on Side</p> <p>Secondary Muscles Hips</p> <p>Starting Position Lie down on the floor on your side, extend one arm against the ground on top of your head and place your other hand on top of your hips.</p> <p>Motion Raise your leg straight up as far as you comfortably can and slowly lower it back after a short pause.</p> <p>Tips/Caution Keep your leg fully extended throughout.</p>
	<p>■ Calves Calf Raise (Band)</p> <p>Secondary Muscles Calves</p> <p>Starting Position Sit on a bench, place the heel of your foot on top of a small block and secure the tubing between your toes and that block.</p> <p>Motion Pull the toe area of your foot up by stretching the tubing and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your heel solidly in place throughout.</p>