



Workout Routine Sample

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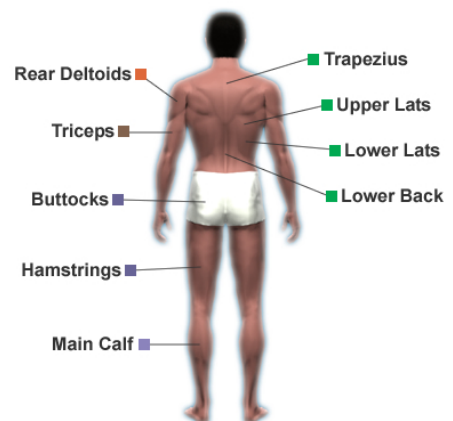
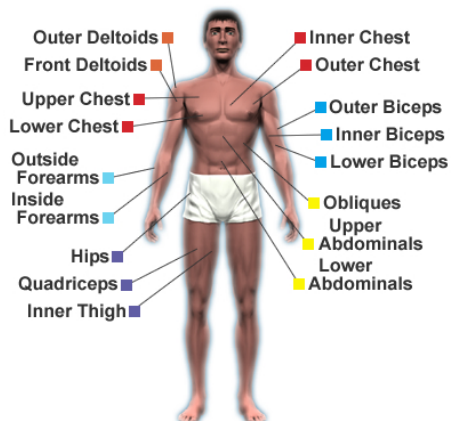
Workout Routine - Stretch Bands - Upper Body

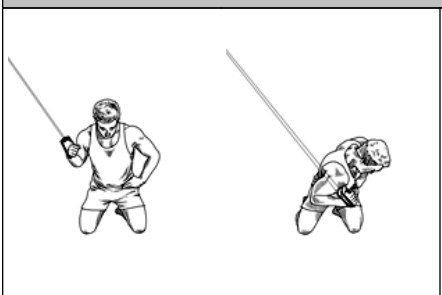
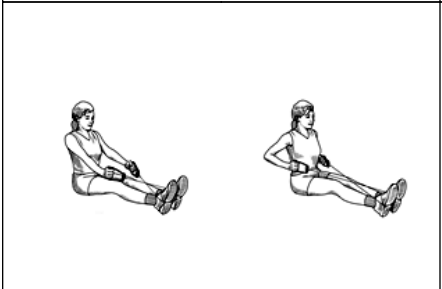
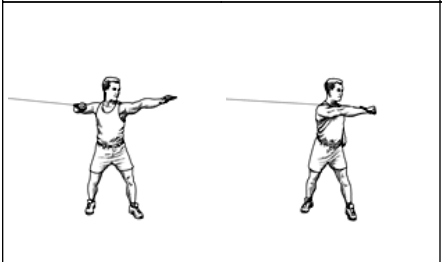
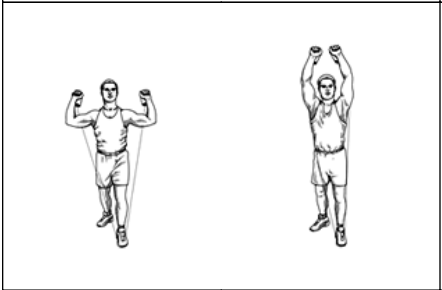
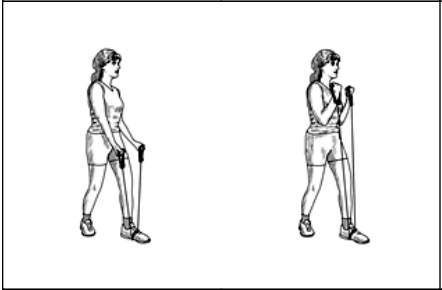
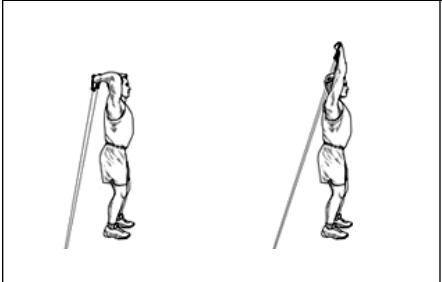
Printed on Jul 19 2011

Workout Routine Snapshot

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

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



	<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 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>■ 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 Extension (Band)</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Secure the tubing low behind you and hold the handles with your hands behind your head, palms facing each other, elbows bent at 90 degree and upper arms straight up.</p> <p>Motion Pull the handles up 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>



■ Forearms | Wrist Extension (Band)

Secondary Muscles Outside Forearms

Starting Position Sit on a bench, secure the tubing underneath your foot and hold the handle with your hand above your knee, palm facing down and elbow resting on top of your thigh.

Motion Pull the handle up by extending your wrist and allow it to slowly return after a short pause.

Tips/Caution Keep your forearm immobile throughout.