



Workout Routine Sample

Create, Print, Track and Chart

your own at:

FitnessBliss.com

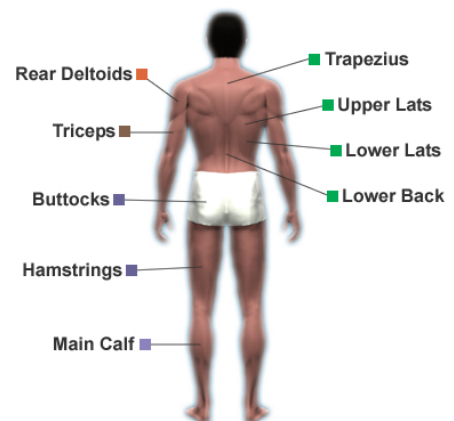
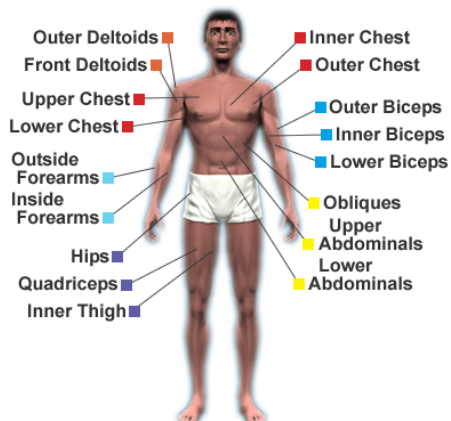
Workout Routine - Barbell - 30 Minutes

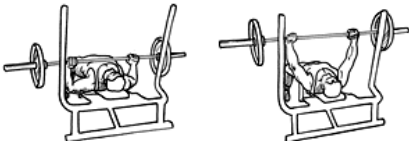
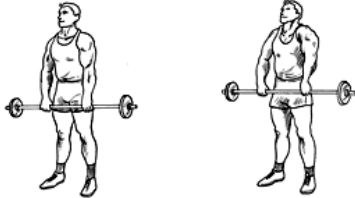
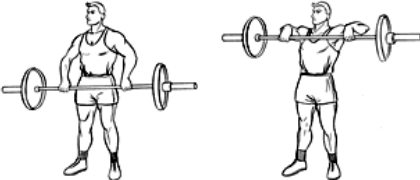
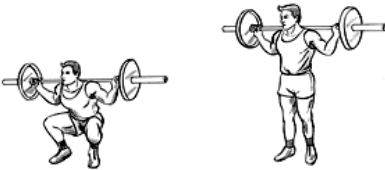
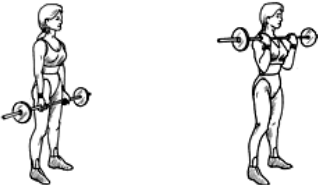
Printed on May 26 2011

Workout Routine Snapshot

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

1 ■ Back
1 ■ Biceps
1 ■ Chest
1 ■ Shoulders
1 ■ Thighs



	<p>■ Chest Bench Press</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Lie down on your back on the bench and grasp the barbell with both hands in a medium-grip position.</p> <p>Motion Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the bar and breathe in while lowering it back.</p>
	<p>■ Back Shrug (Barbell)</p> <p>Secondary Muscles Trapezius</p> <p>Starting Position Stand up and hold the barbell down in front of your thighs, arms extended and palms facing back.</p> <p>Motion Raise the barbell by raising your shoulders straight up and lower it slowly back down after a short pause.</p> <p>Tips/Caution Keep your arms extended throughout.</p>
	<p>■ Shoulders Upright Row (Barbell)</p> <p>Secondary Muscles Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold the barbell with your hands in front of your thighs, hands at a medium-grip position, palms facing backwards.</p> <p>Motion Raise the barbell until it reaches the top of your chest and lower it back down slowly after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the barbell.</p>
	<p>■ Thighs Squat</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Place a barbell on top of your shoulders behind your neck and crouch down until your thighs are parallel to the ground.</p> <p>Motion Push up with your legs and buttocks to stand up and slowly bring yourself back down after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Biceps Biceps Curl (Barbell) - Standing</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand up and hold the barbell with your hands, palms facing forward in a medium-grip position.</p> <p>Motion Raise the barbell up towards your shoulders and slowly lower it back down after a short pause.</p> <p>Tips/Caution Keep your back and upper arms still throughout.</p>