



Workout Routine Sample

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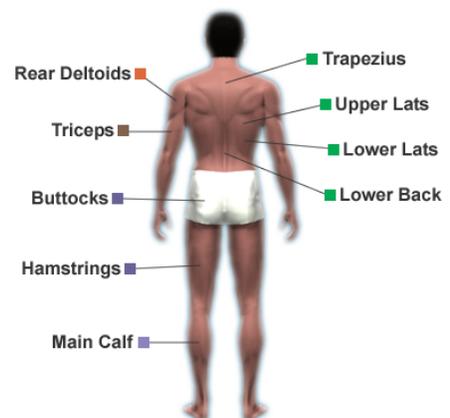
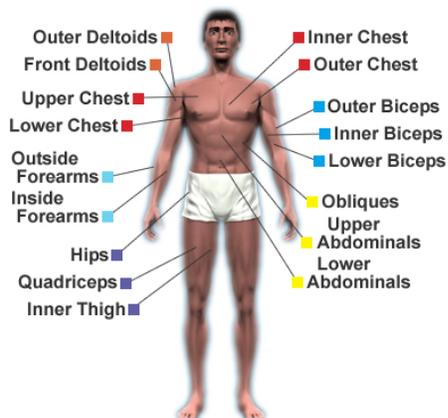
Workout Routine - Barbell - Beginners

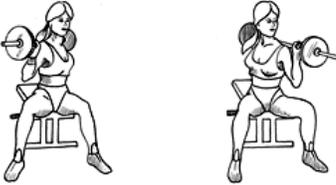
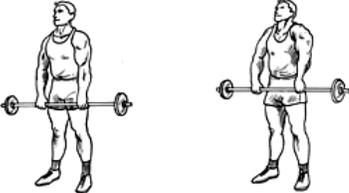
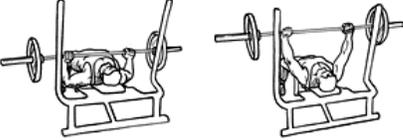
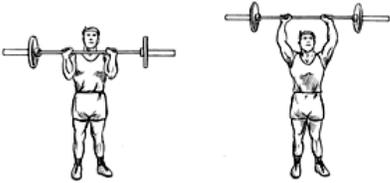
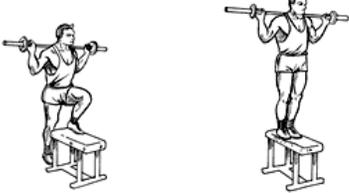
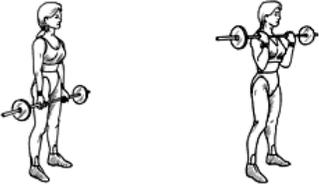
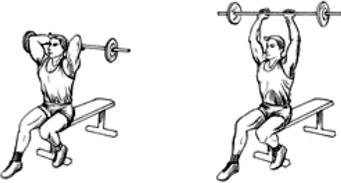
Printed on May 26 2011

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 Trunk Rotation (Barbell)</p> <p>Secondary Muscles Trunk, Obliques</p> <p>Starting Position Sit on a bench and place a barbell behind your neck, holding it with both hands in a wide grip position.</p> <p>Motion Rotate your upper body from one side to the other with short pauses between rotations.</p> <p>Tips/Caution Try to keep your back straight throughout.</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>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>Shoulders Military Press - Standing</p> <p>Secondary Muscles Triceps, Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold the barbell in front of your neck, just above your shoulders.</p> <p>Motion Push the barbell straight up until your elbows come close to locking 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 Step-Up (Barbell)</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Hold a barbell behind your neck on top of your shoulders and place one foot on top of a bench in front of you.</p> <p>Motion Push up with your leg which is on the bench to stand up and slowly bring yourself back down after a short pause. Alternate feet between repetitions.</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>
	<p>Triceps Triceps Extension (Barbell) - Seated</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Sit on one end of the bench and hold a barbell behind your head, upper arms pointing up, elbows at 90 degree angles.</p> <p>Motion Raise the barbell by straightening your arms and slowly lower it back after a short pause.</p> <p>Tips/Caution Keep your upper arms still throughout.</p>