



Workout Routine Sample

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Workout Routine - Barbell - Lower Body

Printed on May 26 2011

Workout Routine Snapshot

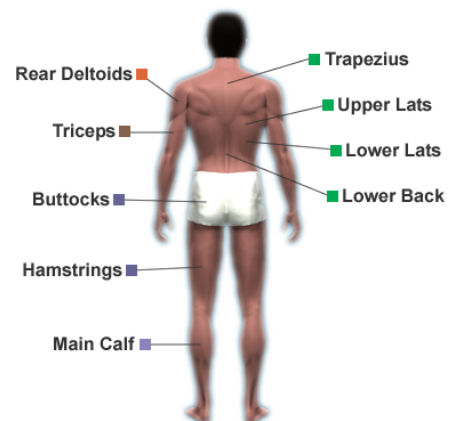
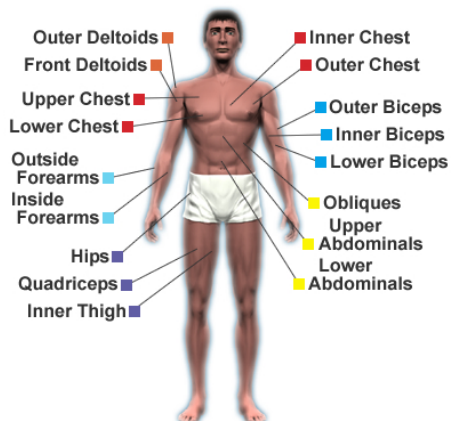
1 Workout Days

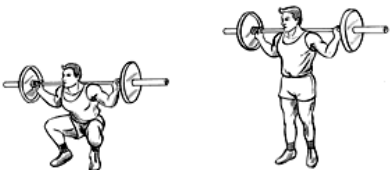
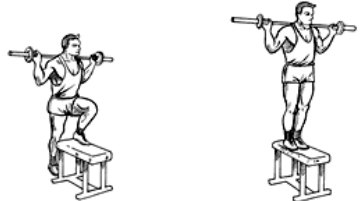


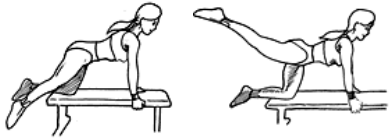
0 Cardio Exercises

5 Strength Training →

0 Stretching Exercises

5 ■ Thighs



	<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>■ 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>■ Thighs Hack Squat - Wide-Stance</p> <p>Secondary Muscles Inner Thigh, Buttocks, Quadriceps</p> <p>Starting Position Crouch down and hold a barbell below your buttocks, arms extended.</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>■ 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>■ Thighs Hip Extension - on Knee</p> <p>Secondary Muscles Hamstrings, Buttocks</p> <p>Starting Position Kneel 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>