



Workout Routine Sample

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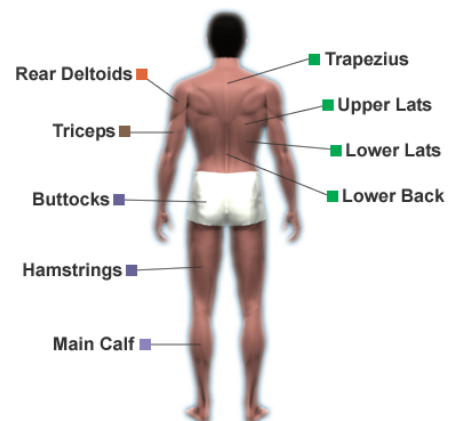
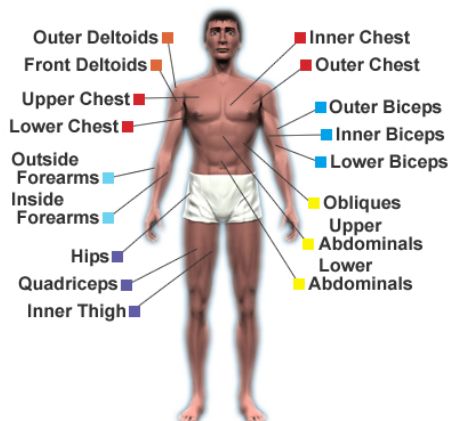
Workout Routine - Barbell - Ripped Arms

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Workout Routine Snapshot

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

2 ■ Biceps
1 ■ Forearms
1 ■ Triceps





■ Biceps | Biceps Curl (Barbell) - Standing

Secondary Muscles Inside Forearms

Starting Position Stand up and hold the barbell with your hands, palms facing forward in a medium-grip position.

Motion Raise the barbell up towards your shoulders and slowly lower it back down after a short pause.

Tips/Caution Keep your back and upper arms still throughout.



■ Triceps | Triceps Extension (Barbell) - Seated

Secondary Muscles Inside Forearms

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.

Motion Raise the barbell by straightening your arms and slowly lower it back after a short pause.

Tips/Caution Keep your upper arms still throughout.



■ Biceps | Biceps Curl (Barbell) - Standing; Close-Grip

Secondary Muscles Outer Biceps, Inside Forearms

Starting Position Stand up and hold a barbell with your hands, palms facing forward in a close-grip position.

Motion Raise the barbell up towards your shoulders and slowly lower it back down after a short pause.

Tips/Caution Keep your back and upper arms still throughout.



■ Forearms | Wrist Extension (Barbell)

Secondary Muscles Outside Forearms

Starting Position Sit on one end of a bench and hold the barbell, wrists against your knees, palms facing down.

Motion Raise the barbell up by extending your wrists and slowly lower it back down after a short pause.

Tips/Caution Keep your forearms pressed against your thighs throughout.