



Workout Routine Sample

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Workout Routine - Barbell - Strong Back

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Workout Routine Snapshot

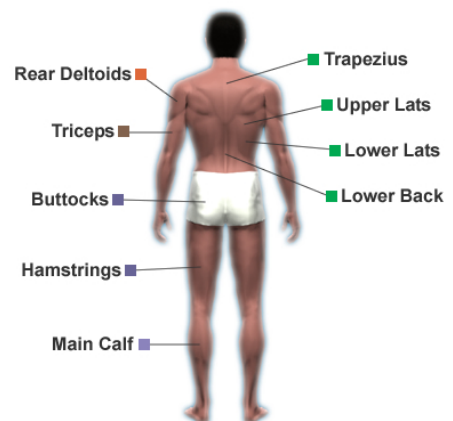
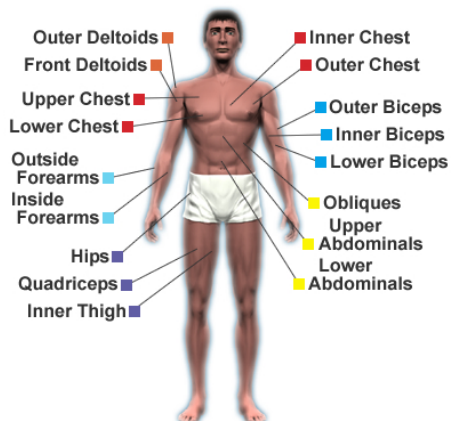
1 Workout Days

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Back





■ Back | Row (Barbell) - Bent-Over; Wide-Grip

Secondary Muscles Biceps, Lower Lats, Lower Back, Rear Deltoids

Starting Position Stand up and reach down in order to hold a barbell with both hands (knees slightly bent).

Motion Lift the barbell straight up without moving your back, knees or hips and lower it back after a short pause.

Tips/Caution Try to keep your back straight throughout. Only the arms should move.



■ Back | Good Morning (Barbell)

Secondary Muscles Lower Back

Starting Position Hold a barbell behind your shoulders with both hands and lean forward until your upper body is perpendicular to the floor.

Motion Raise your upper body until you are standing and slowly lower it back after a short pause.

Tips/Caution Breathe out while raising yourself and breathe in while lowering yourself back.



■ Back | Deadlift (Barbell) - Stiff-Legged

Secondary Muscles Hamstrings, Lower Back

Starting Position Bend down to reach the barbell on the floor and grab it with both hands in a medium-grip position, arms extended, legs at shoulder width.

Motion Raise your upper body until you are standing and slowly lower it back after a short pause.

Tips/Caution Breathe out while raising yourself and breathe in while lowering yourself back.



■ Back | Shrug (Barbell)

Secondary Muscles Trapezius

Starting Position Stand up and hold the barbell down in front of your thighs, arms extended and palms facing back.

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

Tips/Caution Keep your arms extended throughout.