



# Workout Routine Sample

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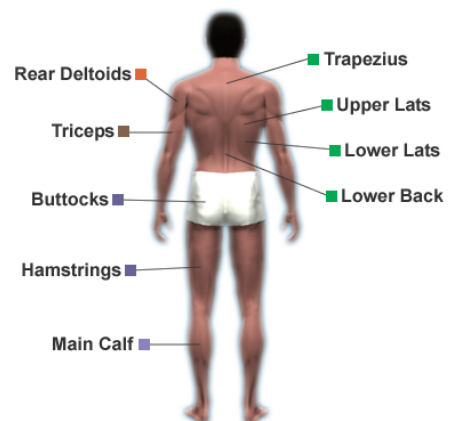
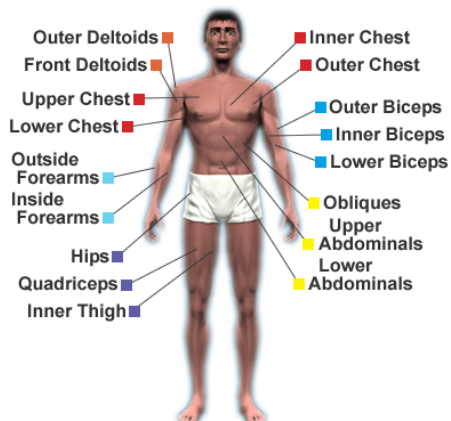
## Workout Routine - Barbell - Upper Body

Printed on May 26 2011

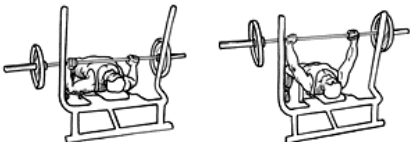
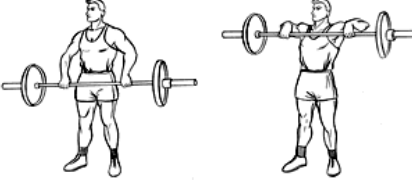
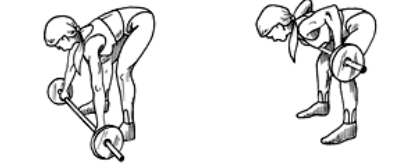
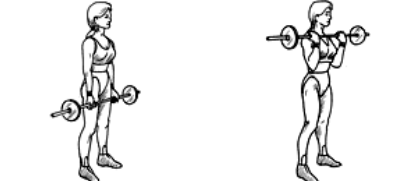
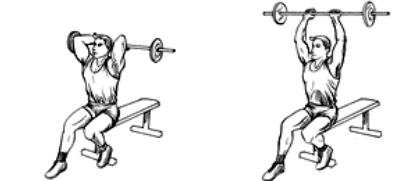
### Workout Routine Snapshot

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

1 ■ Back  
1 ■ Biceps  
1 ■ Chest  
1 ■ Shoulders  
1 ■ Triceps





	<p>■ <b>Chest   Bench Press</b></p> <p><b>Secondary Muscles</b> Triceps</p> <p><b>Starting Position</b> Lie down on your back on the bench and grasp the barbell with both hands in a medium-grip position.</p> <p><b>Motion</b> Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while pushing the bar and breathe in while lowering it back.</p>
	<p>■ <b>Shoulders   Upright Row (Barbell)</b></p> <p><b>Secondary Muscles</b> Front Deltoids, Outer Deltoids, Trapezius</p> <p><b>Starting Position</b> 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><b>Motion</b> Raise the barbell until it reaches the top of your chest and lower it back down slowly after a short pause.</p> <p><b>Tips/Caution</b> Be careful not to jerk your back in an effort to help you raise the barbell.</p>
	<p>■ <b>Back   Row (Barbell) - Bent-Over; Wide-Grip</b></p> <p><b>Secondary Muscles</b> Biceps, Lower Lats, Lower Back, Rear Deltoids</p> <p><b>Starting Position</b> Stand up and reach down in order to hold a barbell with both hands (knees slightly bent).</p> <p><b>Motion</b> Lift the barbell straight up without moving your back, knees or hips and lower it back after a short pause.</p> <p><b>Tips/Caution</b> Try to keep your back straight throughout. Only the arms should move.</p>
	<p>■ <b>Biceps   Biceps Curl (Barbell) - Standing</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Stand up and hold the barbell with your hands, palms facing forward in a medium-grip position.</p> <p><b>Motion</b> Raise the barbell up towards your shoulders and slowly lower it back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your back and upper arms still throughout.</p>
	<p>■ <b>Triceps   Triceps Extension (Barbell) - Seated</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> 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><b>Motion</b> Raise the barbell by straightening your arms and slowly lower it back after a short pause.</p> <p><b>Tips/Caution</b> Keep your upper arms still throughout.</p>