



Workout Routine Sample

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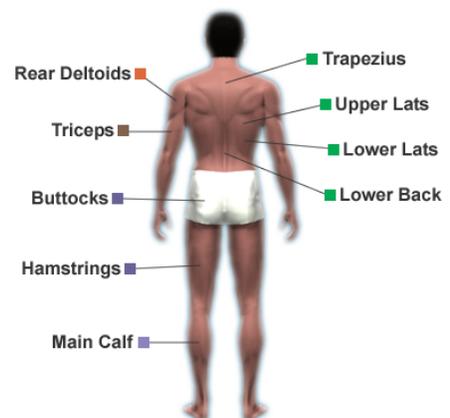
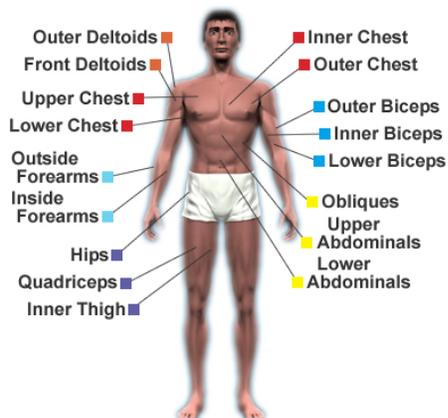
Workout Routine - Dumbbells - 30 minutes

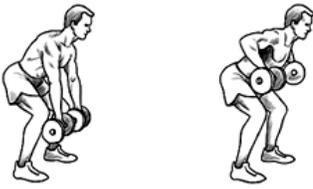
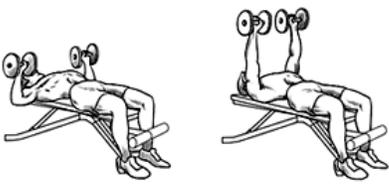
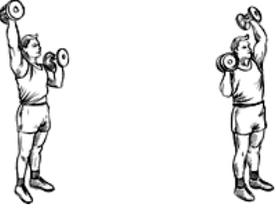
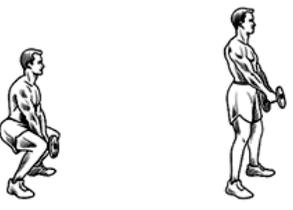
Printed on Apr 28 2011

Workout Routine Snapshot

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

1 ■ Abs
1 ■ Back
1 ■ Chest
1 ■ Shoulders
1 ■ Thighs



	<p>Abs Crunch - Weighted</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Lie down on your back on a bench and hold a dumbbell on top of your chest.</p> <p>Motion Roll your shoulder blades up from the bench and lower yourself back down after a short pause.</p> <p>Tips/Caution To avoid pulling with your neck, look straight up instead of looking at your knees.</p>
	<p>Back Row (Dumbbells) - Standing; Two-Arms</p> <p>Secondary Muscles Biceps, Upper Lats, Rear Deltoids, Trapezius</p> <p>Starting Position Grab one dumbbell with each hand and flex your knees and hips to bring yourself to a squatting position.</p> <p>Motion Lift both dumbbells straight up while maintaining the angles at your knees and hips and lower them back after a short pause.</p> <p>Tips/Caution Breathe out while lifting the dumbbells and breathe in while returning to starting position.</p>
	<p>Chest Dumbbell Press</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Lie down on your back on a bench and hold 2 dumbbells at chest level along your body.</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 dumbbells and breathe in while lowering them back.</p>
	<p>Shoulders Shoulder Press - Standing; Alternated</p> <p>Secondary Muscles Triceps, Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold two dumbbells, one at shoulder level and the other high with your arm extended, palms facing each other.</p> <p>Motion Push one dumbbell straight up until your elbow comes close to locking while lowering the other at the same time.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the dumbbells.</p>
	<p>Thighs Squat (Dumbbells)</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Crouch down and hold one dumbbell with both hands between your knees.</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 and arms extended throughout.</p>