



Workout Routine Sample

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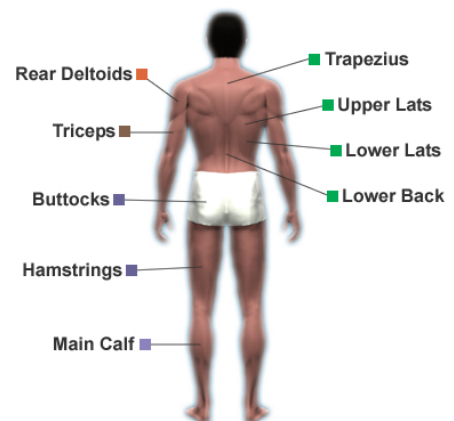
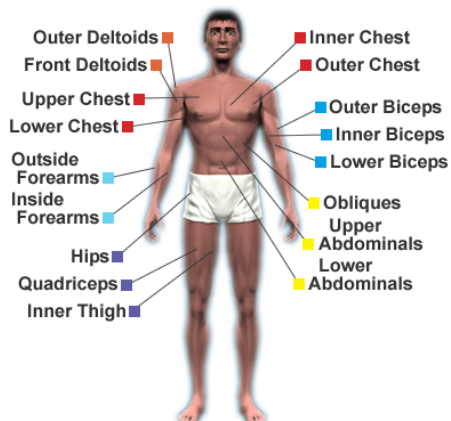
Workout Routine - Dumbbells - Defined Legs




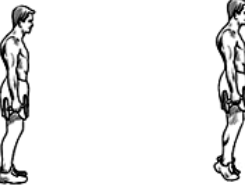
Printed on Apr 28 2011

Workout Routine Snapshot

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

3 ■ Thighs
1 ■ Calves



	<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>
	<p>■ Thighs Stationary Lunge (Dumbbells)</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Crouch down with one foot in front, one foot back and hold one dumbbell with each hand along the sides of your body, palms facing each other.</p> <p>Motion Push yourself up without moving your feet and slowly lower yourself down after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Thighs Swing Through (Dumbbells)</p> <p>Secondary Muscles Back, Buttocks, Shoulders, Quadriceps</p> <p>Starting Position Hold one dumbbell with both hands between your legs and crouch down until your knees are at 90 degree angles.</p> <p>Motion Lift yourself to a standing position while bringing the dumbbell up above your head and slowly return to starting position after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Calves Calf Raise (Dumbbells) - Standing</p> <p>Secondary Muscles Calves</p> <p>Starting Position Stand up and hold one dumbbell with each hand against the sides of your body, palms facing each other.</p> <p>Motion Lift your heels from the ground by standing on your toes and lower yourself back down after a short pause.</p> <p>Tips/Caution Make sure that only the calf muscles are exercising.</p>