



# Workout Routine Sample

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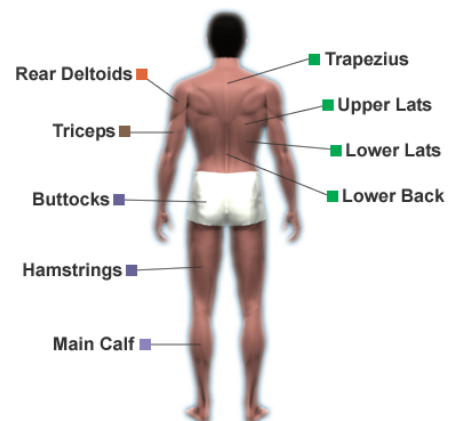
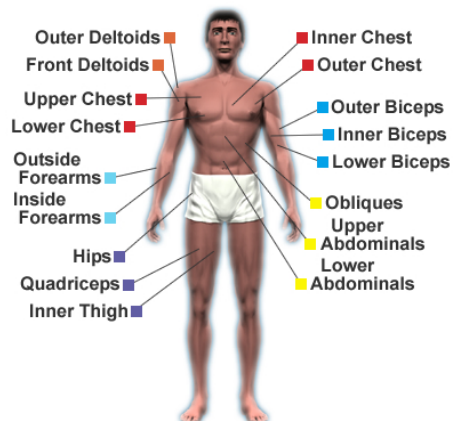
## Workout Routine - Dumbbells - Cut Arms

Printed on Apr 28 2011


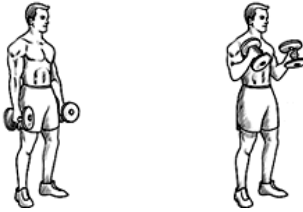
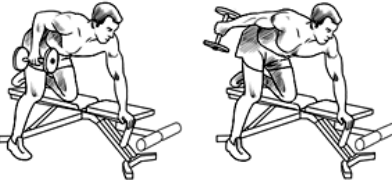
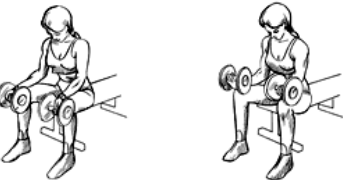
### Workout Routine Snapshot

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

2 ■ Biceps  
1 ■ Forearms  
1 ■ Triceps





	<p>■ <b>Biceps   Biceps Curl (Dumbbells) - Standing; Alternated</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Stand up and hold one dumbbell with each hand, one down the side of your body and the other up near your shoulder, palms facing your body.</p> <p><b>Motion</b> Raise one dumbbell toward your shoulder and while slowly lowering it back down after a short pause, start raising the other one.</p> <p><b>Tips/Caution</b> Keep your back and upper arms still throughout.</p>
	<p>■ <b>Biceps   Biceps Curl (Dumbbells) - Standing; Hammer Grip</b></p> <p><b>Secondary Muscles</b> Forearms</p> <p><b>Starting Position</b> Grab one dumbbell in each hand along the sides of your body, palms facing your body.</p> <p><b>Motion</b> Raise both dumbbells towards your shoulders and slowly lower them 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 Kickback (Dumbbells)</b></p> <p><b>Secondary Muscles</b> Forearms</p> <p><b>Starting Position</b> Put your knee and hand on a bench and grab a dumbbell with your other hand, palm facing your body, upper arm parallel to your body.</p> <p><b>Motion</b> Raise the dumbbell back by straightening your arm and allow it to slowly return after a short pause.</p> <p><b>Tips/Caution</b> Keep your upper arm still throughout.</p>
	<p>■ <b>Forearms   Wrist Curl (Dumbbells) - Two Hands</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Sit on one end of a bench and hold one dumbbell with each hand, wrists against your knees, palms facing up.</p> <p><b>Motion</b> Raise the dumbbells up by curling your wrists and slowly lower them back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your forearms pressed against your thighs throughout.</p>