



Workout Routine Sample

Create, Print, Track and Chart

your own at:

FitnessBliss.com

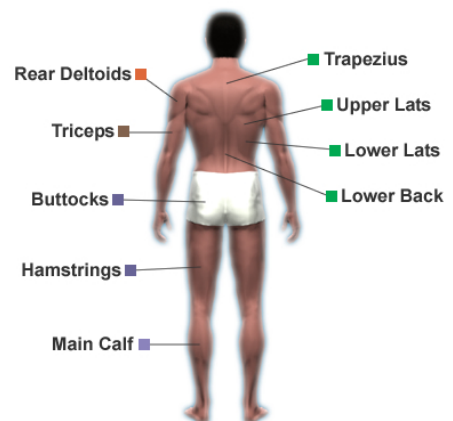
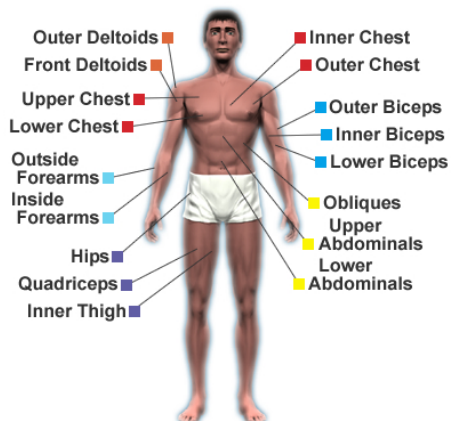
Workout Routine - Gym - 30 Minutes

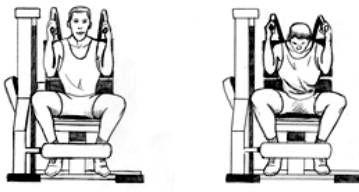
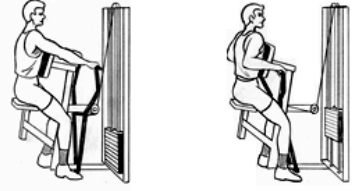
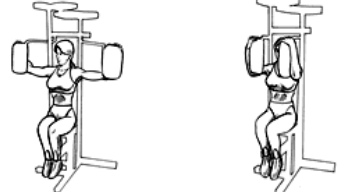
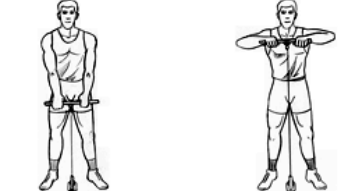
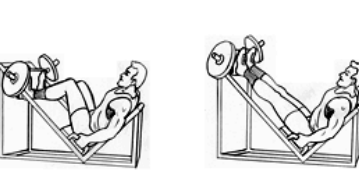
Printed on Jun 07 2011

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 (Gym Equipment B)</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Sit down on the machine's bench and grip the handles with your hands.</p> <p>Motion Tilt your upper body forward and let it slowly swing back after a short pause.</p> <p>Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.</p>
	<p>Back Row (Gym Equipment) - Seated</p> <p>Secondary Muscles Biceps, Lats, Rear Deltoids</p> <p>Starting Position Sit down facing the machine and grasp the handles in front.</p> <p>Motion Pull the handles towards you until your elbows form 90 degree angles and let them slowly swing back after a short pause.</p> <p>Tips/Caution Try to keep your back straight throughout.</p>
	<p>Chest Chest Fly (Gym Equipment)</p> <p>Secondary Muscles Outer Chest, Front Deltoids</p> <p>Starting Position Sit down on the bench and position your arms against the arm pads, elbows at 90 degree angles.</p> <p>Motion Push your hands towards each other in front of your chest and let them go back after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>Shoulders Upright Row (Low Pulley)</p> <p>Secondary Muscles Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up in front of the structure and grab the handlebar with both hands down in front of your thighs.</p> <p>Motion Raise the bar up until it reaches your chest level and let it slowly swing back after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the bar.</p>
	<p>Thighs Leg Press (Gym Equipment) - Incline</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Lie down on the bench, hold the weight with your knees close to 90 degree angles and grab the provided handles with both hands.</p> <p>Motion Push the weight stack by extending your legs and let it slowly swing back after a short pause.</p> <p>Tips/Caution Breathe out when pushing out and breathe in when letting the weight stack swing back.</p>