



Workout Routine Sample

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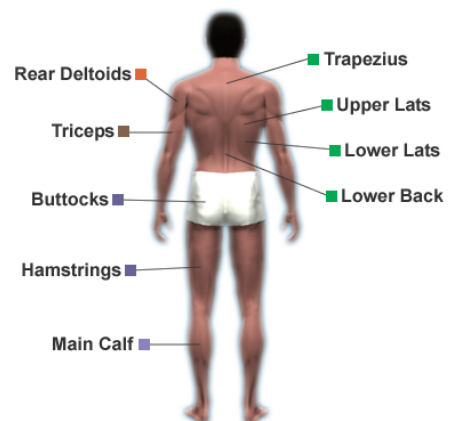
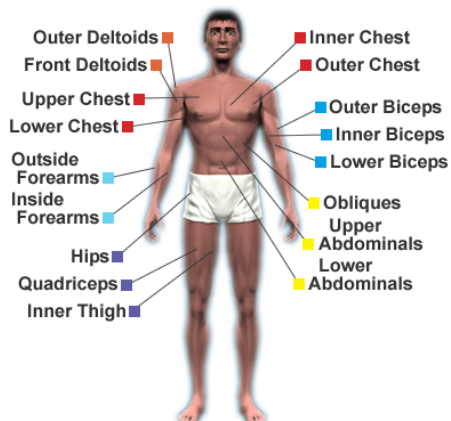
Workout Routine - Gym - Beginners

Printed on Jun 07 2011

Workout Routine Snapshot

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

1 ■ Abs
1 ■ Back
1 ■ Biceps
1 ■ Chest
1 ■ Shoulders
1 ■ Thighs
1 ■ Triceps





■ Abs | Crunch (Gym Equipment A)

Secondary Muscles Upper Abdominals

Starting Position Sit down on the machine's bench and hold the pad with both hands in front of your chest.

Motion Tilt your upper body forward and let it slowly swing back after a short pause.

Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.



■ Back | Row (Gym Equipment) - Seated

Secondary Muscles Biceps, Lats, Rear Deltoids

Starting Position Sit down facing the machine and grasp the handles in front.

Motion Pull the handles towards you until your elbows form 90 degree angles and let them slowly swing back after a short pause.

Tips/Caution Try to keep your back straight throughout.



■ Chest | Chest Press (Gym Equipment) - Pronation Grip

Secondary Muscles Triceps, Upper Chest

Starting Position Sit down on the bench and grab the handles with your hands, palms facing the floor.

Motion Push the handles forward until your arms are close to being fully extended and slowly let them swing back after a short pause.

Tips/Caution Breathe out while pushing forward and breathe in while letting the handlebars swing back.



■ Shoulders | Lateral Deltoid Raise (Gym Equipment)

Secondary Muscles Outer Deltoids, Trapezius

Starting Position Sit down on the bench and position the outside of your upper arms against the rotating pads.

Motion Raise both pads up by raising your upper arms straight up and let the structure slowly swing back after a short pause.

Tips/Caution Keep the angle in your elbows still throughout.



■ Thighs | Leg Curl - Seated

Secondary Muscles Hamstrings

Starting Position Sit down on the bench, place your thighs under the thigh pad and place your feet on top of the foot pad.

Motion Push your feet down and towards you until your knees form 90 degree angles and let the pad slowly swing back after a short pause.

Tips/Caution Keep your back straight throughout.



■ Biceps | Biceps Curl (Gym Equipment) - Preacher

Secondary Muscles Inside Forearms, Lower Biceps

Starting Position Sit down on the bench and grab the handle with both hands, upper arms against the arm pad.

Motion Pull the handlebars up as far as you comfortably can and let them slowly swing back after a short pause.

Tips/Caution Keep your back and upper arms still throughout.



■ Triceps | Triceps Extension (Gym Equipment)

Secondary Muscles Inside Forearms

Starting Position Sit on the bench, fasten seat belt (if any) and place your arms up against the arm rests.

Motion Push the handles forward and down by straightening your arms and slowly let it swing back after a short pause.

Tips/Caution Breathe out while pushing and breathe in while releasing.