



# Workout Routine Sample

Create, Print, Track and Chart

your own at:

**FitnessBliss.com**

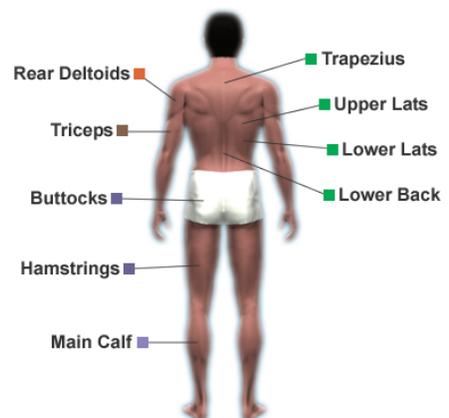
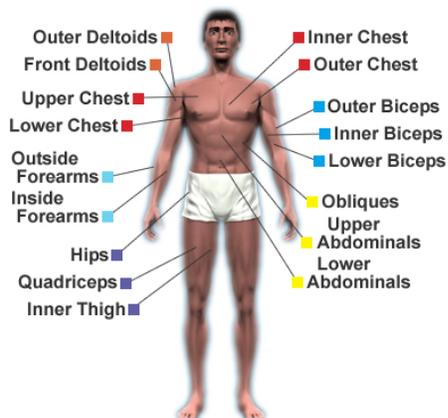
## Workout Routine - Gym - Full Body

Printed on Jun 07 2011

### Workout Routine Snapshot

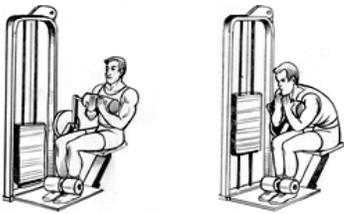
2 Workout Days  
 0 Cardio Exercises  
 14 Strength Training →  
 0 Stretching Exercises

3 ■ Thighs  
 2 ■ Abs  
 2 ■ Back  
 2 ■ Chest  
 2 ■ Shoulders  
 1 ■ Biceps  
 1 ■ Calves  
 1 ■ Triceps









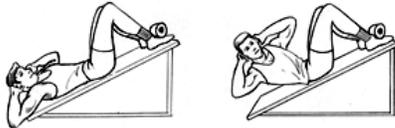
### ■ Abs | Crunch (Gym Equipment A)

**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.



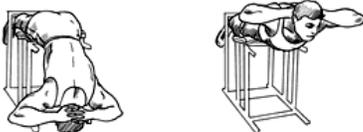
### ■ Abs | Twisting Crunch - Inclined; Feet Stabilized

**Secondary Muscles** Obliques

**Starting Position** Lie down on the bench, knees at 90 degree angles, feet stabilized by the foot pads and place your hands on each side of your ears.

**Motion** Rotate your upper body up to one side so that one elbow is in the air and lower yourself back down after a short pause. Alternate sides after your set is completed.

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



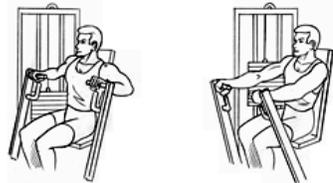
### ■ Back | Hyperextension

**Secondary Muscles** Hamstrings, Buttocks, Lower Back

**Starting Position** Lie prone on the bench (feet stabilized) and place your hands behind your head.

**Motion** Raise your upper body up until it is parallel to the floor and lower it back after a short pause.

**Tips/Caution** Breathe out while raising yourself and breathe in while lowering yourself back.



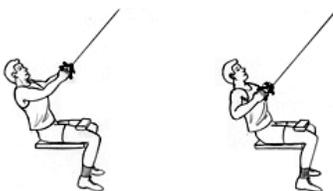
### ■ Chest | Chest Press (Gym Equipment) - Pronation Grip

**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.



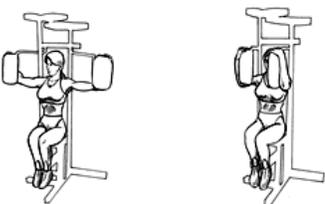
### ■ Back | Pulldown - Front; to Chest

**Secondary Muscles** Biceps, Lower Back, Lats, Rear Deltoids

**Starting Position** Sit on the bench and grab the handlebar with both hands, palms facing each other.

**Motion** Pull the handle down until it is in front of your chest and let it slowly swing back after a short pause.

**Tips/Caution** Try to keep your back straight throughout.



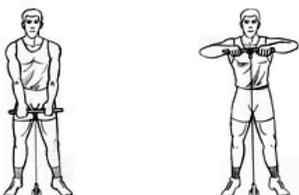
### ■ Chest | Chest Fly (Gym Equipment)

**Secondary Muscles** Outer Chest, Front Deltoids

**Starting Position** Sit down on the bench and position your arms against the arm pads, elbows at 90 degree angles.

**Motion** Push your hands towards each other in front of your chest and let them go back after a short pause.

**Tips/Caution** Keep your back straight throughout.



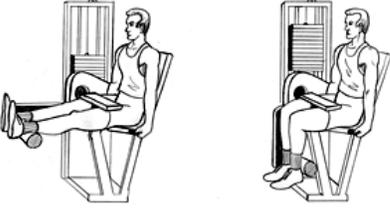
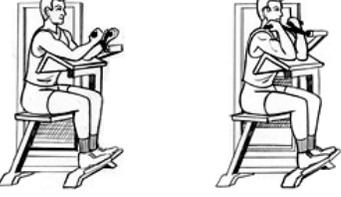
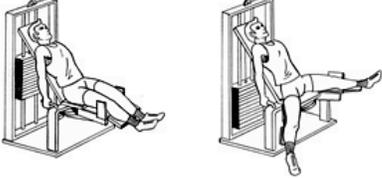
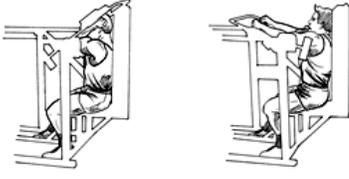
### ■ Shoulders | Upright Row (Low Pulley)

**Secondary Muscles** Front Deltoids, Outer Deltoids, Trapezius

**Starting Position** Stand up in front of the structure and grab the handlebar with both hands down in front of your thighs.

**Motion** Raise the bar up until it reaches your chest level and let it slowly swing back after a short pause.

**Tips/Caution** Be careful not to jerk your back in an effort to help you raise the bar.

	<p>■ <b>Thighs   Leg Extension</b></p> <p><b>Secondary Muscles</b> Quadriceps</p> <p><b>Starting Position</b> Sit down on the bench and position your ankles against the foot pads.</p> <p><b>Motion</b> Raise your feet by extending your legs and slowly lower them back down slowly after a pause.</p> <p><b>Tips/Caution</b> Keep your back straight throughout.</p>
	<p>■ <b>Shoulders   Lateral Deltoid Raise (Gym Equipment)</b></p> <p><b>Secondary Muscles</b> Outer Deltoids, Trapezius</p> <p><b>Starting Position</b> Sit down on the bench and position the outside of your upper arms against the rotating pads.</p> <p><b>Motion</b> Raise both pads up by raising your upper arms straight up and let the structure slowly swing back after a short pause.</p> <p><b>Tips/Caution</b> Keep the angle in your elbows still throughout.</p>
	<p>■ <b>Thighs   Leg Curl - Seated</b></p> <p><b>Secondary Muscles</b> Hamstrings</p> <p><b>Starting Position</b> Sit down on the bench, place your thighs under the thigh pad and place your feet on top of the foot pad.</p> <p><b>Motion</b> 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.</p> <p><b>Tips/Caution</b> Keep your back straight throughout.</p>
	<p>■ <b>Biceps   Biceps Curl (Gym Equipment) - Preacher</b></p> <p><b>Secondary Muscles</b> Inside Forearms, Lower Biceps</p> <p><b>Starting Position</b> Sit down on the bench and grab the handle with both hands, upper arms against the arm pad.</p> <p><b>Motion</b> Pull the handlebars up as far as you comfortably can and let them slowly swing back after a short pause.</p> <p><b>Tips/Caution</b> Keep your back and upper arms still throughout.</p>
	<p>■ <b>Thighs   Hip Abduction (Gym Equipment A) - Seated</b></p> <p><b>Secondary Muscles</b> Hips</p> <p><b>Starting Position</b> Sit down on the bench, place your legs straight in front, leg pads against the exterior of your legs and grab the provided handles with your hands.</p> <p><b>Motion</b> Push your legs apart from one another as far as you comfortably can and let the pads slowly swing back after a short pause.</p> <p><b>Tips/Caution</b> Keep your back straight throughout.</p>
	<p>■ <b>Triceps   Triceps Extension (Gym Equipment)</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Sit on the bench, fasten seat belt (if any) and place your arms up against the arm rests.</p> <p><b>Motion</b> Push the handles forward and down by straightening your arms and slowly let it swing back after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while pushing and breathe in while releasing.</p>
	<p>■ <b>Calves   Calf Raise (Leg Press)</b></p> <p><b>Secondary Muscles</b> Calves</p> <p><b>Starting Position</b> Sit down on the bench and place your feet against the foot pad, legs close to being extended.</p> <p><b>Motion</b> Push the machine away by only pushing your toes forward and slowly allow it to swing back down after a short pause.</p> <p><b>Tips/Caution</b> Make sure that only the calf muscles are exercising.</p>