



Workout Routine Sample

Create, Print, Track and Chart

your own at:

FitnessBliss.com

Workout Routine - Gym - Large Chest

Printed on Jun 07 2011

Workout Routine Snapshot

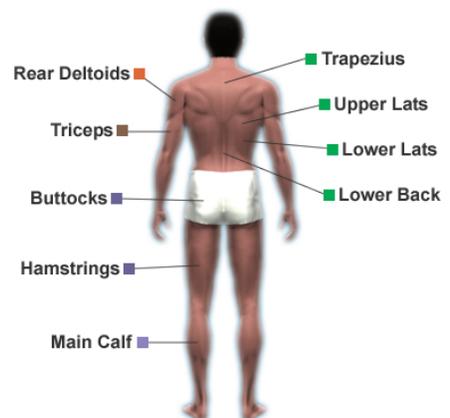
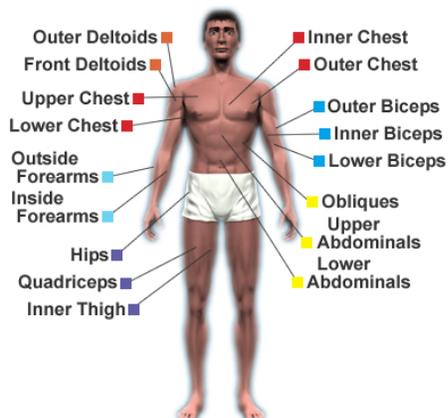
1 Workout Days

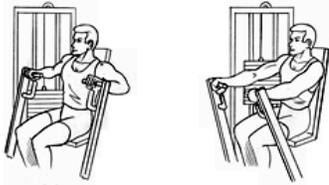
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Chest





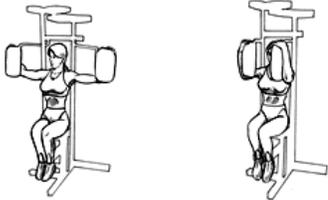
■ Chest | Chest Press (Gym Equipment) - Pronation Grip

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.



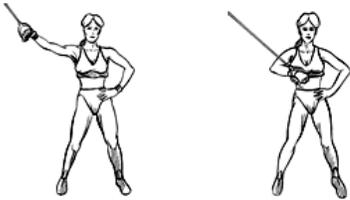
■ Chest | Chest Fly (Gym Equipment)

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.



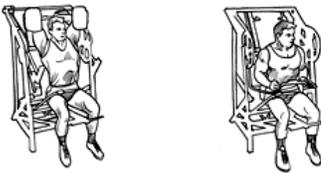
■ Chest | Chest Fly (High Pulley) - One-Arm

Secondary Muscles Outer Chest, Front Deltoids, Lower Chest

Starting Position Stand up next to the high pulley machine and grab the handle with one hand at just above shoulder height.

Motion Pull the handle towards you until your hand is in front of your abdomen and allow it to go back after a short pause. Alternate hands after your set.

Tips/Caution Try to maintain the same angle in your elbows throughout.



■ Chest | Pullover (Gym Equipment)

Secondary Muscles Triceps, Lats, Trunk

Starting Position Sit down on the machine, fasten the seat belt (if any) and position your arms up on the arms' structure above your head.

Motion Lower your hands down until your upper arms are parallel to your upper body and allow them to slowly swing back after a short pause.

Tips/Caution Try to keep your back straight throughout.