



# Workout Routine Sample

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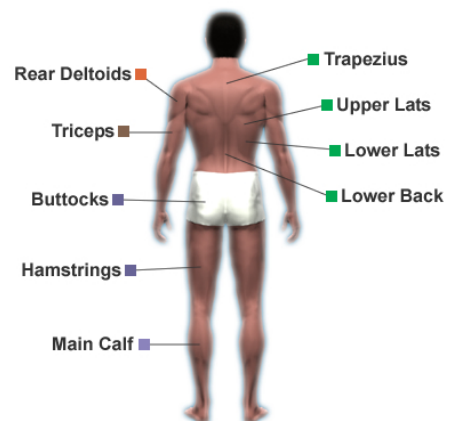
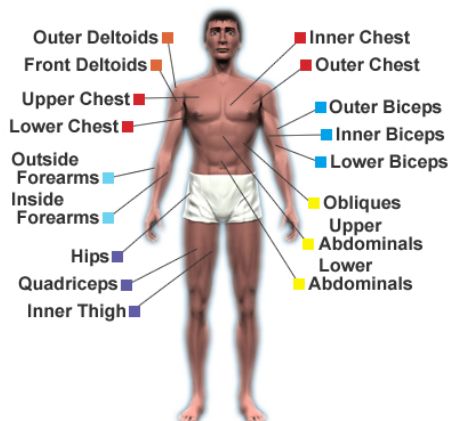
## Workout Routine - Gym - Ripped Arms

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### Workout Routine Snapshot

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

2 ■ Biceps  
2 ■ Triceps







### ■ 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.



### ■ Biceps | Biceps Curl (Pulley with Bar) - Standing

**Secondary Muscles** Inside Forearms

**Starting Position** Stand in front of the low pulley machine and grab the bar with both hands, palms facing up.

**Motion** Raise the bar with both hands towards your shoulders and slowly lower it back down after a short pause.

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



### ■ Triceps | Triceps Pushdown

**Secondary Muscles** Inside Forearms

**Starting Position** Stand in front of the high pulley machine and grab the handlebar with both hands, upper arms pressed against your upper body, elbows at 90 degree angles.

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

**Tips/Caution** Keep your upper arms still throughout.