



# Workout Routine Sample

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## Workout Routine - Gym - Strong Back

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### Workout Routine Snapshot

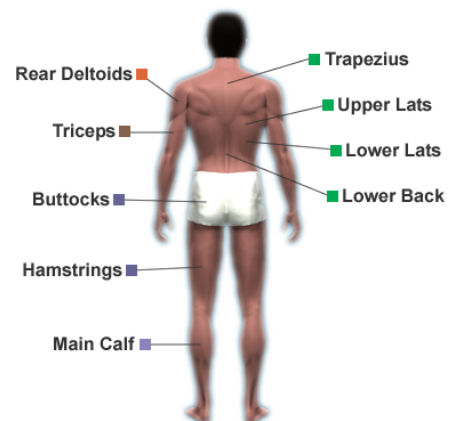
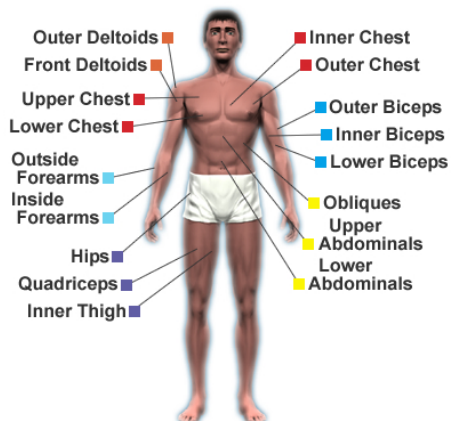
1 Workout Days

0 Cardio Exercises

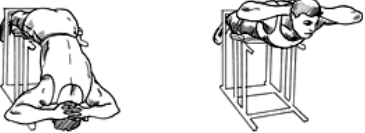

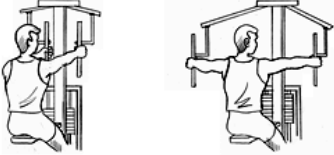
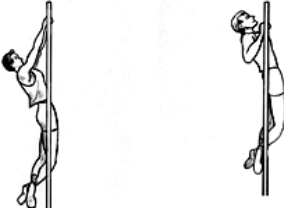
4 Strength Training →

0 Stretching Exercises

4 ■ Back





	<p>■ <b>Back   Hyperextension</b></p> <p><b>Secondary Muscles</b> Hamstrings, Buttocks, Lower Back</p> <p><b>Starting Position</b> Lie prone on the bench (feet stabilized) and place your hands behind your head.</p> <p><b>Motion</b> Raise your upper body up until it is parallel to the floor and lower it back after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while raising yourself and breathe in while lowering yourself back.</p>
	<p>■ <b>Back   Row (Low Pulley) - Seated</b></p> <p><b>Secondary Muscles</b> Biceps, Lats, Rear Deltoids</p> <p><b>Starting Position</b> Sit down, knees slightly bent and grasp the handle with both hands, arms close to being fully extended.</p> <p><b>Motion</b> Pull the handles towards your abdomen until your elbows form 90 degree angles and let them slowly swing back after a short pause.</p> <p><b>Tips/Caution</b> Try to keep your back straight throughout.</p>
	<p>■ <b>Back   Back Fly (Gym Equipment)</b></p> <p><b>Secondary Muscles</b> Upper Back, Rear Deltoids, Trapezius</p> <p><b>Starting Position</b> Sit down facing the machine and grab the handles in front, elbows slightly bent.</p> <p><b>Motion</b> Pull the handles back to your sides while keeping your arms extended let them slowly swing back after a short pause.</p> <p><b>Tips/Caution</b> Try to keep your back straight throughout.</p>
	<p>■ <b>Back   Chin-Up</b></p> <p><b>Secondary Muscles</b> Biceps, Lats</p> <p><b>Starting Position</b> Grab the handlebar with both hands in a wide position, palms facing forward.</p> <p><b>Motion</b> Pull yourself up until your chin reaches just above the bar and lower yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while raising yourself and breathe in while lowering yourself back.</p>