



Workout Routine Sample

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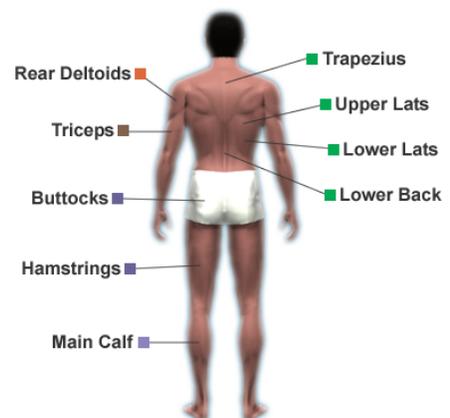
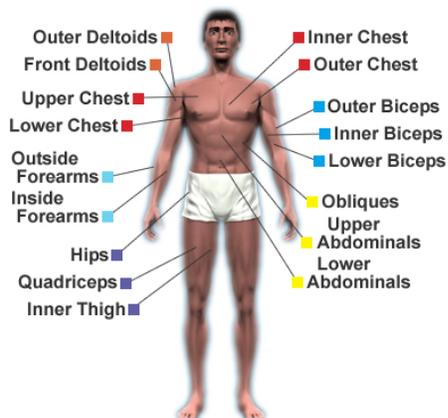
Workout Routine - Gym - Upper Body

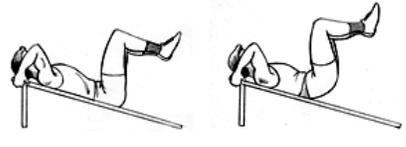
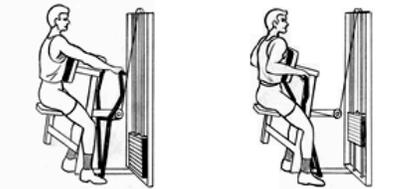
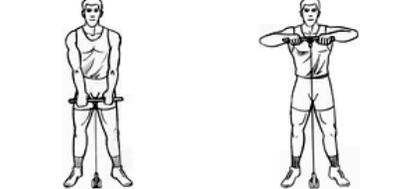
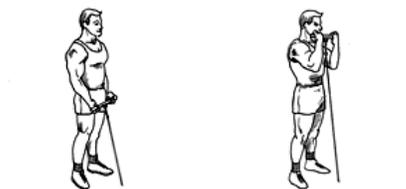
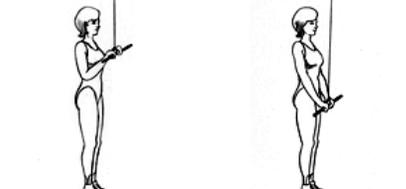
Printed on Jun 07 2011

Workout Routine Snapshot

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

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



	<p>Abs Sit-Up - Inclined; Feet Attached</p> <p>Secondary Muscles Hips, Upper Abdominals</p> <p>Starting Position Lie down on the bench, knees at 90 degree angles, feet stabilized by the foot pads and place your hands behind your ears.</p> <p>Motion Roll your upper body up until your elbows touch your knees (or close to it) and lower yourself back down after a short pause.</p> <p>Tips/Caution To avoid pulling your neck with your hands, look straight up instead of looking at your knees.</p>
	<p>Abs Reverse Crunch - Inclined</p> <p>Secondary Muscles Lower Abdominals</p> <p>Starting Position Lie down on the bench, legs up, knees at 90 degree angles and hold the bench with your hands close to your head.</p> <p>Motion Contract your abs in order to lift your buttocks from the bench and lower yourself back after a short pause.</p> <p>Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.</p>
	<p>Chest Bench Press (Gym Equipment)</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Lie down on your back on the bench and grasp the handles with your hands.</p> <p>Motion Push the handle bars straight up until your elbows are close to being locked and lower them back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the bar and breathe in while lowering it back.</p>
	<p>Back Row (Gym Equipment) - Seated</p> <p>Secondary Muscles Biceps, Lats, Rear Deltoids</p> <p>Starting Position Sit down facing the machine and grasp the handles in front.</p> <p>Motion Pull the handles towards you until your elbows form 90 degree angles and let them slowly swing back after a short pause.</p> <p>Tips/Caution Try to keep your back straight throughout.</p>
	<p>Shoulders Upright Row (Low Pulley)</p> <p>Secondary Muscles Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up in front of the structure and grab the handlebar with both hands down in front of your thighs.</p> <p>Motion Raise the bar up until it reaches your chest level and let it slowly swing back after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the bar.</p>
	<p>Biceps Biceps Curl (Pulley with Bar) - Standing</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand in front of the low pulley machine and grab the bar with both hands, palms facing up.</p> <p>Motion Raise the bar with both hands towards your shoulders and slowly lower it back down after a short pause.</p> <p>Tips/Caution Keep your back and upper arms still throughout.</p>
	<p>Triceps Triceps Pushdown</p> <p>Secondary Muscles Inside Forearms</p> <p>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.</p> <p>Motion Push the bar down by straightening your arms and slowly let it swing back after a short pause.</p> <p>Tips/Caution Keep your upper arms still throughout.</p>