



Workout Routine Sample

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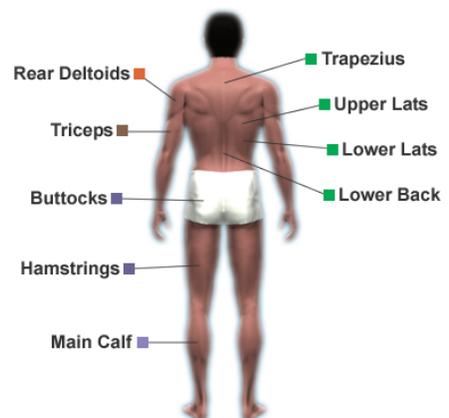
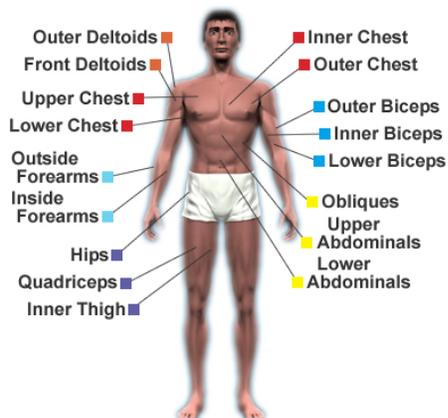
Workout Routine - Swiss Ball - 30 Minutes

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Workout Routine Snapshot

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

1 ■ Abs
1 ■ Back
1 ■ Chest
1 ■ Shoulders
1 ■ Thighs



	<p>Abs Crunch (Ball)</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Lie on your lower back on the ball and place your hands behind your ears.</p> <p>Motion Roll your shoulder blades up and lower yourself back down after a short pause.</p> <p>Tips/Caution To avoid straining your neck, look straight up instead of looking at your knees.</p>
	<p>Back Bridge (Ball)</p> <p>Secondary Muscles Buttocks, Lower Back</p> <p>Starting Position Crouch down on your feet, press your shoulder blades against the ball behind you and place your hands across your chest.</p> <p>Motion Without moving your feet, extend your back until it is parallel to the floor and lower it back after a short pause.</p> <p>Tips/Caution Breathe out while extending and breathe in while returning to starting position.</p>
	<p>Chest Push Up (Ball) - Feet Up</p> <p>Secondary Muscles Triceps, Front Deltoids, Upper Chest</p> <p>Starting Position Lie prone with your thighs on top of the ball, legs and back fully extended and hands on the floor, elbows bent.</p> <p>Motion Push yourself up by extending your arms and slowly lower yourself back down after a short pause.</p> <p>Tips/Caution Breathe out while pushing and breathe in while returning to starting position.</p>
	<p>Shoulders Rear Deltoid Row and Rotation (Ball)</p> <p>Secondary Muscles Rear Deltoids, Trapezius</p> <p>Starting Position Lie prone with your belly against the ball, back and legs extended and hold dumbbells down to your sides, arms extended.</p> <p>Motion Raise the dumbbells straight up until your elbows are at 90 degree angles then rotate them up and slowly lower them down after a short pause.</p> <p>Tips/Caution When rotating up keep the angle in your elbows still throughout.</p>
	<p>Thighs Squat (Ball) - on Wall</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Crouch with your back pressed against the ball, itself against the wall, knees at 90 degree angles and place your hands behind your ears.</p> <p>Motion Raise yourself up by extending your legs and slowly lower yourself back after a short pause.</p> <p>Tips/Caution Breathe out while raising yourself up and breathe in while returning to starting position.</p>