



Workout Routine Sample

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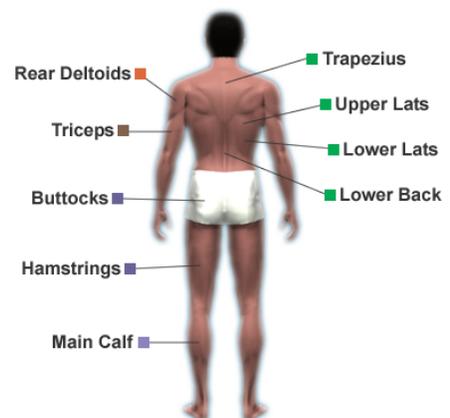
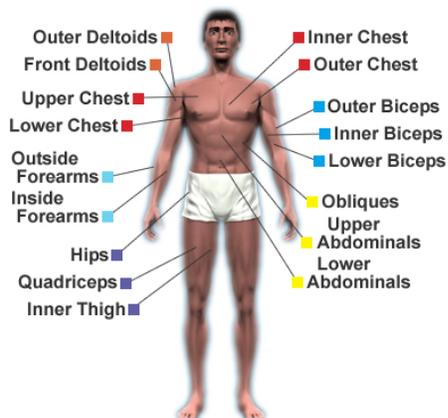
Workout Routine - Swiss Ball - Upper Body

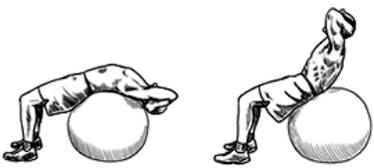
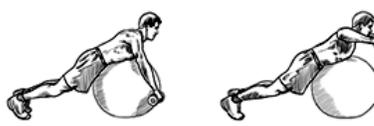
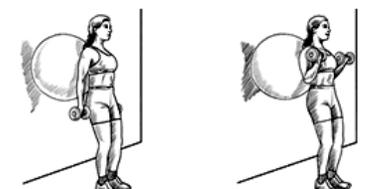
Printed on Jun 21 2011

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 (Ball)</p> <p>Secondary Muscles Hips, Upper Abdominals</p> <p>Starting Position Lie on your lower back on the ball and place your hands behind your ears.</p> <p>Motion Raise your upper body up from the ball and lower it back down 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>Abs Side Bend (Ball)</p> <p>Secondary Muscles Obliques</p> <p>Starting Position Lie on your side against the ball, arms across your chest, legs extended and feet wide apart to give you balance.</p> <p>Motion Raise your upper body up from the ball and lower it back down after a short pause. Alternate sides after each completed set.</p> <p>Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.</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>Biceps Biceps Curl (Ball) - Standing</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand up with your back against the ball, itself against the wall and hold dumbbells down the sides of your body.</p> <p>Motion Raise the dumbbells towards your shoulders and slowly lower them back after a short pause.</p> <p>Tips/Caution Keep your back and upper arms still throughout.</p>
	<p>Triceps Triceps Extension (Ball)</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Lie prone with your forearms on top of the ball, back and legs fully extended.</p> <p>Motion Push yourself up by rolling the ball towards your hands to extend your arms and slowly lower yourself back down after a short pause.</p> <p>Tips/Caution Focus on exercising the triceps.</p>