



Workout Routine Sample

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Workout Routine - Barbell - Defined Legs

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Workout Routine Snapshot

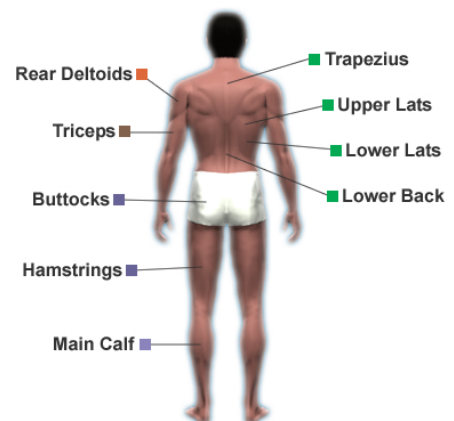
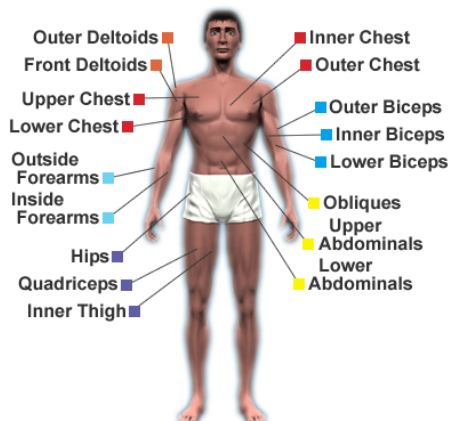
1 Workout Days

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Thighs





■ Thighs | Squat

Secondary Muscles Buttocks, Quadriceps

Starting Position Place a barbell on top of your shoulders behind your neck and crouch down until your thighs are parallel to the ground.

Motion Push up with your legs and buttocks to stand up and slowly bring yourself back down after a short pause.

Tips/Caution Keep your back straight throughout.



■ Thighs | Front Lunge (Barbell)

Secondary Muscles Buttocks, Quadriceps

Starting Position Stand up and place a barbell on top of your shoulders behind your neck.

Motion Take a wide step forward so that your knee shows a 90 degree angle and slowly bring yourself back up after a short pause. Alternate feet between repetitions.

Tips/Caution Keep your back straight throughout.



■ Thighs | Step-Up (Barbell)

Secondary Muscles Buttocks, Quadriceps

Starting Position Hold a barbell behind your neck on top of your shoulders and place one foot on top of a bench in front of you.

Motion Push up with your leg which is on the bench to stand up and slowly bring yourself back down after a short pause. Alternate feet between repetitions.

Tips/Caution Keep your back straight throughout.



■ Thighs | Front Half Squat - Wide-Stance

Secondary Muscles Inner Thigh, Buttocks, Quadriceps

Starting Position Place a barbell on top of your shoulders in front of your neck, arms crossed in front of your shoulders, knees at 90 degree angles.

Motion Push up with your legs and buttocks to stand up and slowly bring yourself back down after a short pause.

Tips/Caution Keep your back straight throughout.