



Workout Routine Sample

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Workout Routine - Barbell - Large Chest

Printed on May 26 2011

Workout Routine Snapshot

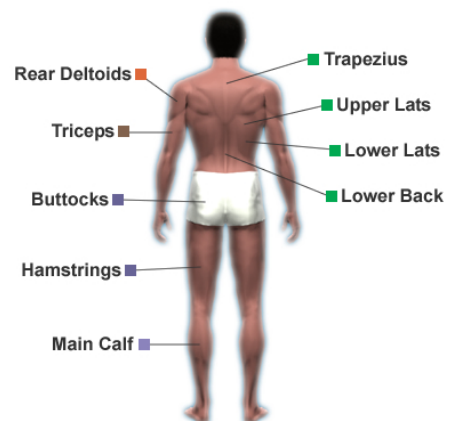
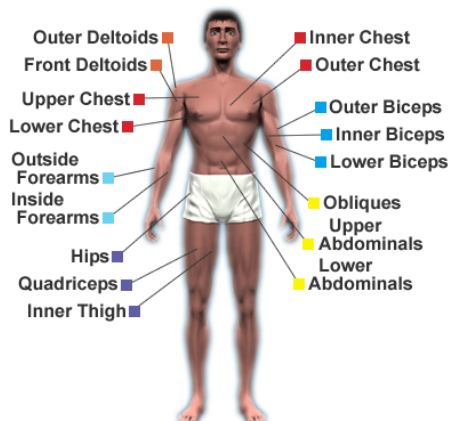
1 Workout Days

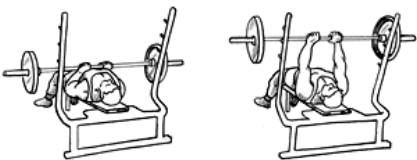
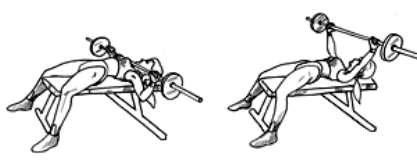

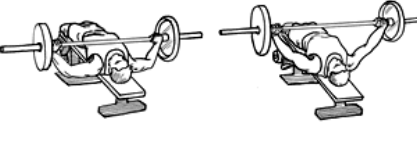
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Chest



	<p>■ Chest Bench Press - Close-Grip</p> <p>Secondary Muscles Inner Chest, Triceps</p> <p>Starting Position Lie down on your back on the bench and grasp the barbell with both hands in a close-grip position.</p> <p>Motion Push the barbell straight up until your elbows are close to being locked and lower it 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>■ Chest Bench Press - Wide-Grip</p> <p>Secondary Muscles Outer Chest, Triceps</p> <p>Starting Position Lie down on your back on the bench and grasp the barbell with both hands in a wide-grip position.</p> <p>Motion Push the barbell straight up until your elbows are close to being locked and lower it 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>■ Chest Bench Press - Incline; Wide-Grip</p> <p>Secondary Muscles Outer Chest, Triceps, Upper Chest</p> <p>Starting Position Lie down on your back on the incline bench and grasp the barbell with both hands in a wide-grip position.</p> <p>Motion Push the barbell straight up until your elbows are close to being locked and lower it 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>■ Chest Bench Press - Decline; Wide-Grip</p> <p>Secondary Muscles Outer Chest, Triceps, Lower Chest</p> <p>Starting Position Lie down on your back on the decline bench and grasp the barbell with both hands in a wide-grip position.</p> <p>Motion Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the bar and breathe in while lowering it back.</p>