



Workout Routine Sample

Create, Print, Track and Chart

your own at:

FitnessBliss.com

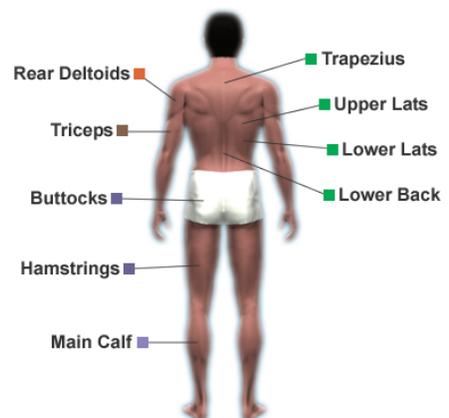
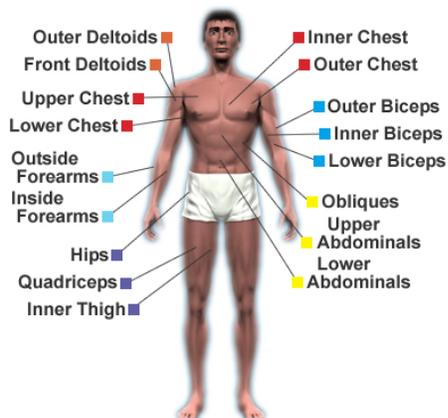
Workout Routine - Dumbbells - Beginners

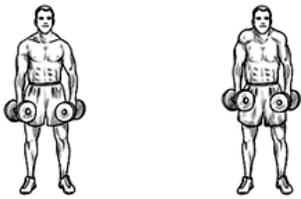
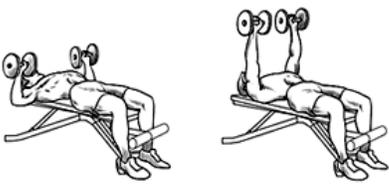
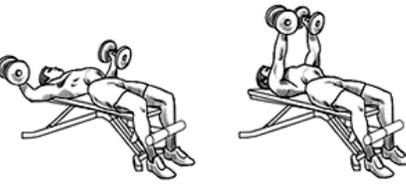
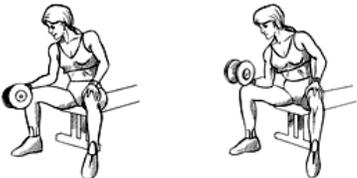
Printed on Apr 28 2011

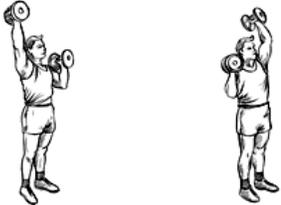
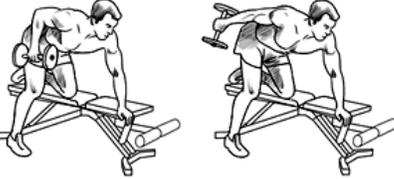
Workout Routine Snapshot

2 Workout Days
0 Cardio Exercises
14 Strength Training →
0 Stretching Exercises

2 ■ Abs
2 ■ Back
2 ■ Chest
2 ■ Shoulders
2 ■ Thighs
1 ■ Biceps
1 ■ Calves
1 ■ Forearms
1 ■ Triceps



	<p>Abs Bicycle Kicks</p> <p>Secondary Muscles Hips, Lower Abdominals</p> <p>Starting Position Sit on the floor, lean back to rest on your forearms, bend your hips and extend one leg 45 degrees from the ground.</p> <p>Motion While you push one leg out until it is stretched forward, bring the other one back so that you are cycling through the air.</p> <p>Tips/Caution Try to keep your back straight throughout.</p>
	<p>Abs Crunch</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Lie down on your back, knees bent at 90 degree angles and place your hands behind your ears.</p> <p>Motion Roll your shoulder blades up from the floor until your head is at the same level as your knees 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>Back Row (Dumbbells) - on Knee; One-Arm</p> <p>Secondary Muscles Biceps, Lats, Rear Deltoids</p> <p>Starting Position Put your left knee and hand on a bench and grab a dumbbell with your right hand.</p> <p>Motion Lift the dumbbell straight up while keeping your back straight and lower it back down after a short pause.</p> <p>Tips/Caution Breathe out while lifting the dumbbells and breathe in while returning to starting position.</p>
	<p>Back Shrug (Dumbbells)</p> <p>Secondary Muscles Trapezius</p> <p>Starting Position Stand up and hold one dumbbell with each hand in front of your thighs, palms facing your body.</p> <p>Motion Raise the dumbbells straight up by raising your shoulders and lower them back after a short pause.</p> <p>Tips/Caution Keep your arms extended throughout.</p>
	<p>Chest Dumbbell Press</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Lie down on your back on a bench and hold 2 dumbbells at chest level along your body.</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 dumbbells and breathe in while lowering them back.</p>
	<p>Chest Chest Fly (Dumbbells)</p> <p>Secondary Muscles Outer Chest, Front Deltoids</p> <p>Starting Position Lie down on your back on the bench and grab one dumbbell with each hand at shoulder height, elbows just slightly arched.</p> <p>Motion Raise the dumbbells until they are side by side on top of you and slowly lower them back after a short pause.</p> <p>Tips/Caution Try to maintain the same angle in your elbows throughout.</p>
	<p>Forearms Wrist Curl (Dumbbells) - One Hand</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Sit on one end of a bench and hold one dumbbell with one hand, wrist against your knee, palm facing up.</p> <p>Motion Raise the dumbbell up by curling your wrist and slowly lower it back down after a short pause. Alternate hands after a set.</p> <p>Tips/Caution Keep your forearm pressed against your thigh throughout.</p>

	<p>■ Thighs Bridging</p> <p>Secondary Muscles Hamstrings, Buttocks, Abs</p> <p>Starting Position Lie on the floor, knees at 90 degree angles and place your hands flat on the floor, arms extended.</p> <p>Motion Raise your buttocks from the floor as high as you comfortably can and lower it back down after a short pause.</p> <p>Tips/Caution Your feet and hands should not move throughout.</p>
	<p>■ Thighs Hip Abduction - Lying on Side</p> <p>Secondary Muscles Hips</p> <p>Starting Position Lie down on the floor on your side, extend one arm against the ground on top of your head and place your other hand on top of your hips.</p> <p>Motion Raise your leg straight up as far as you comfortably can and slowly lower it back after a short pause.</p> <p>Tips/Caution Keep your leg fully extended throughout.</p>
	<p>■ Shoulders Shoulder Press - Standing; Alternated</p> <p>Secondary Muscles Triceps, Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold two dumbbells, one at shoulder level and the other high with your arm extended, palms facing each other.</p> <p>Motion Push one dumbbell straight up until your elbow comes close to locking while lowering the other at the same time.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the dumbbells.</p>
	<p>■ Shoulders Upright Row (Dumbbells)</p> <p>Secondary Muscles Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold one dumbbell in each hand in front of your thighs, palms facing backwards.</p> <p>Motion Raise both dumbbells until they reach the top of your chest and lower them back down slowly after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the dumbbells.</p>
	<p>■ Biceps Biceps Curl (Dumbbells) - Standing; Alternated</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand up and hold one dumbbell with each hand, one down the side of your body and the other up near your shoulder, palms facing your body.</p> <p>Motion Raise one dumbbell toward your shoulder and while slowly lowering it back down after a short pause, start raising the other one.</p> <p>Tips/Caution Keep your back and upper arms still throughout.</p>
	<p>■ Triceps Triceps Kickback (Dumbbells)</p> <p>Secondary Muscles Forearms</p> <p>Starting Position Put your knee and hand on a bench and grab a dumbbell with your other hand, palm facing your body, upper arm parallel to your body.</p> <p>Motion Raise the dumbbell back by straightening your arm and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your upper arm still throughout.</p>
	<p>■ Calves Calf Raise (Dumbbells) - Standing</p> <p>Secondary Muscles Calves</p> <p>Starting Position Stand up and hold one dumbbell with each hand against the sides of your body, palms facing each other.</p> <p>Motion Lift your heels from the ground by standing on your toes and lower yourself back down after a short pause.</p> <p>Tips/Caution Make sure that only the calf muscles are exercising.</p>