



Workout Routine Sample

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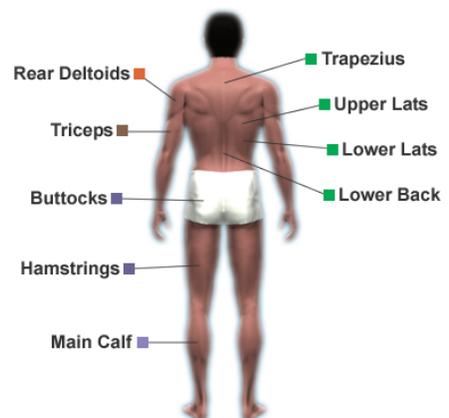
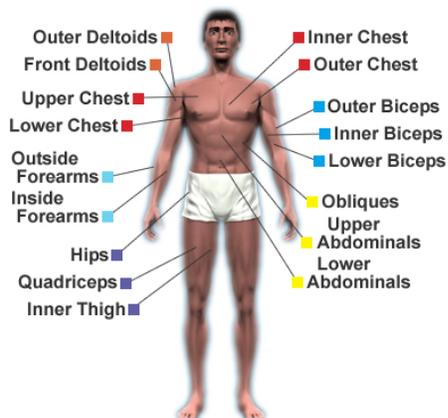
Workout Routine - Dumbbells - Core

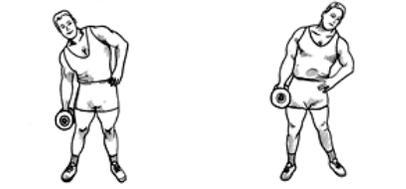
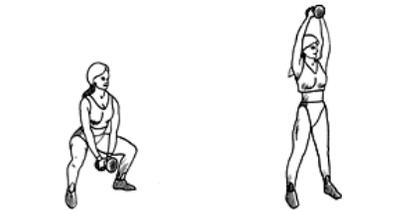
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Workout Routine Snapshot

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

3 ■ Abs
2 ■ Chest
2 ■ Thighs



	<p>Abs Twisting Crunch - on Bench</p> <p>Secondary Muscles Obliques</p> <p>Starting Position Lie down on your back on a bench and place one hand behind your ear.</p> <p>Motion Rotate your upper body up to one side so that one elbow is in the air and lower yourself back down after a short pause. Alternate sides after your set is completed.</p> <p>Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.</p>
	<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 Side Bend (Dumbbells)</p> <p>Secondary Muscles Obliques</p> <p>Starting Position Stand up and hold a dumbbell with one hand along the side of your body.</p> <p>Motion Lean your upper body to the side that holds the dumbbell and bring it back after a short pause. Complete your set and change sides.</p> <p>Tips/Caution Try to keep your back straight throughout.</p>
	<p>Chest Push Up</p> <p>Secondary Muscles Triceps, Front Deltoids</p> <p>Starting Position Lie down on the floor, body fully extended, hands in a medium grip position with only your hands and feet touching the floor.</p> <p>Motion Push yourself up by extending your arms and lower yourself back down after a short pause.</p> <p>Tips/Caution Breathe out while pushing yourself up and breathe in while lowering yourself down.</p>
	<p>Chest Pullover (Dumbbell) - Straight-Arm</p> <p>Secondary Muscles Triceps, Lats, Trunk</p> <p>Starting Position Lie down on your back on one end of the bench and hold 2 dumbbells at your head height, arms extended.</p> <p>Motion Raise the dumbbell up until your arms are perpendicular to the floor and slowly return to starting position.</p> <p>Tips/Caution Breathe out while raising the dumbbell and breathe in while returning to starting position.</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 Swing Through (Dumbbells)</p> <p>Secondary Muscles Back, Buttocks, Shoulders, Quadriceps</p> <p>Starting Position Hold one dumbbell with both hands between your legs and crouch down until your knees are at 90 degree angles.</p> <p>Motion Lift yourself to a standing position while bringing the dumbbell up above your head and slowly return to starting position after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>