



# Workout Routine Sample

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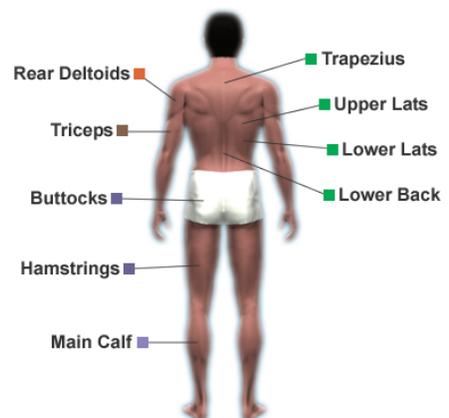
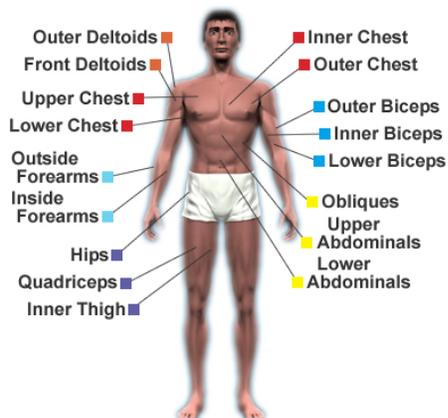
## Workout Routine - Dumbbells - Full Body

Printed on Apr 28 2011

### Workout Routine Snapshot

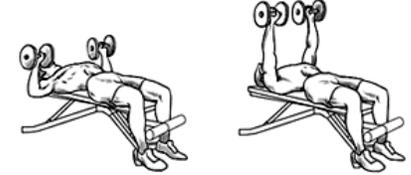
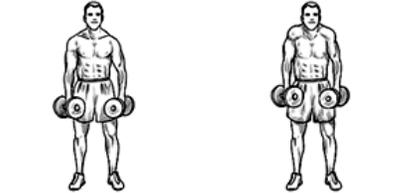
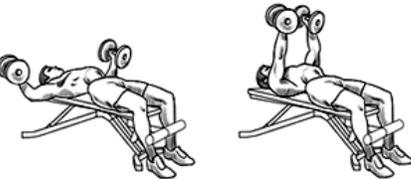
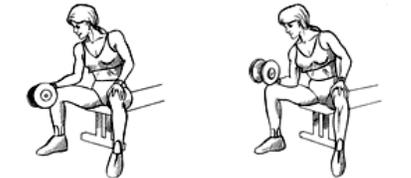
2 Workout Days  
 0 Cardio Exercises  
 14 Strength Training →  
 0 Stretching Exercises

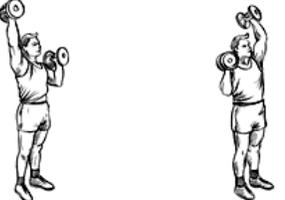
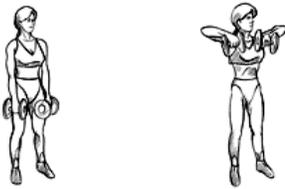
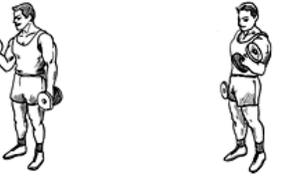
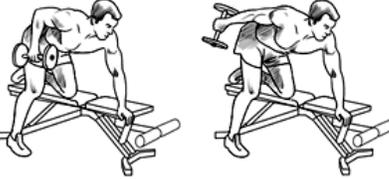
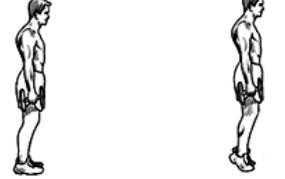
2 ■ Abs  
 2 ■ Back  
 2 ■ Chest  
 2 ■ Shoulders  
 2 ■ Thighs  
 1 ■ Biceps  
 1 ■ Calves  
 1 ■ Forearms  
 1 ■ Triceps







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|    | <p><b>Abs   Crunch - Weighted</b></p> <p><b>Secondary Muscles</b> Upper Abdominals</p> <p><b>Starting Position</b> Lie down on your back on a bench and hold a dumbbell on top of your chest.</p> <p><b>Motion</b> Roll your shoulder blades up from the bench and lower yourself back down after a short pause.</p> <p><b>Tips/Caution</b> To avoid pulling with your neck, look straight up instead of looking at your knees.</p>   |
|    | <p><b>Abs   Twisting Crunch</b></p> <p><b>Secondary Muscles</b> Obliques</p> <p><b>Starting Position</b> Lie down on your back, knees bent at 90 degree angles and place your hands behind your ears.</p> <p><b>Motion</b> 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><b>Tips/Caution</b> Breathe out while contracting your ab muscles and breathe in while returning to starting position.</p> |
|    | <p><b>Back   Row (Dumbbells) - on Knee; One-Arm</b></p> <p><b>Secondary Muscles</b> Biceps, Lats, Rear Deltoids</p> <p><b>Starting Position</b> Put your left knee and hand on a bench and grab a dumbbell with your right hand.</p> <p><b>Motion</b> Lift the dumbbell straight up while keeping your back straight and lower it back down after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while lifting the dumbbells and breathe in while returning to starting position.</p>                                      |
|  | <p><b>Chest   Dumbbell Press</b></p> <p><b>Secondary Muscles</b> Triceps</p> <p><b>Starting Position</b> Lie down on your back on a bench and hold 2 dumbbells at chest level along your body.</p> <p><b>Motion</b> Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while pushing the dumbbells and breathe in while lowering them back.</p>  |
|  | <p><b>Back   Shrug (Dumbbells)</b></p> <p><b>Secondary Muscles</b> Trapezius</p> <p><b>Starting Position</b> Stand up and hold one dumbbell with each hand in front of your thighs, palms facing your body.</p> <p><b>Motion</b> Raise the dumbbells straight up by raising your shoulders and lower them back after a short pause.</p> <p><b>Tips/Caution</b> Keep your arms extended throughout.</p>  |
|  | <p><b>Chest   Chest Fly (Dumbbells)</b></p> <p><b>Secondary Muscles</b> Outer Chest, Front Deltoids</p> <p><b>Starting Position</b> Lie down on your back on the bench and grab one dumbbell with each hand at shoulder height, elbows just slightly arched.</p> <p><b>Motion</b> Raise the dumbbells until they are side by side on top of you and slowly lower them back after a short pause.</p> <p><b>Tips/Caution</b> Try to maintain the same angle in your elbows throughout.</p>  |
|  | <p><b>Forearms   Wrist Curl (Dumbbells) - One Hand</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Sit on one end of a bench and hold one dumbbell with one hand, wrist against your knee, palm facing up.</p> <p><b>Motion</b> 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><b>Tips/Caution</b> Keep your forearm pressed against your thigh throughout.</p>   |

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|     | <p>■ <b>Thighs   Squat (Dumbbells)</b></p> <p><b>Secondary Muscles</b> Buttocks, Quadriceps</p> <p><b>Starting Position</b> Crouch down and hold one dumbbell with both hands between your knees.</p> <p><b>Motion</b> Push up with your legs and buttocks to stand up and slowly bring yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your back straight and arms extended throughout.</p>  |
|    | <p>■ <b>Shoulders   Shoulder Press - Standing; Alternated</b></p> <p><b>Secondary Muscles</b> Triceps, Front Deltoids, Outer Deltoids, Trapezius</p> <p><b>Starting Position</b> Stand up and hold two dumbbells, one at shoulder level and the other high with your arm extended, palms facing each other.</p> <p><b>Motion</b> Push one dumbbell straight up until your elbow comes close to locking while lowering the other at the same time.</p> <p><b>Tips/Caution</b> Be careful not to jerk your back in an effort to help you raise the dumbbells.</p> |
|    | <p>■ <b>Thighs   Side Lunge (Dumbbells)</b></p> <p><b>Secondary Muscles</b> Inner Thigh, Buttocks, Quadriceps</p> <p><b>Starting Position</b> Stand up and hold one dumbbell with each hand against the side of your body, palms facing each other.</p> <p><b>Motion</b> Take a wide step sideways so that your knee shows a 90 degree angle and slowly bring yourself back up after a short pause. Alternate feet between repetitions.</p> <p><b>Tips/Caution</b> Keep your back straight throughout.</p>  |
|   | <p>■ <b>Shoulders   Upright Row (Dumbbells)</b></p> <p><b>Secondary Muscles</b> Front Deltoids, Outer Deltoids, Trapezius</p> <p><b>Starting Position</b> Stand up and hold one dumbbell in each hand in front of your thighs, palms facing backwards.</p> <p><b>Motion</b> Raise both dumbbells until they reach the top of your chest and lower them back down slowly after a short pause.</p> <p><b>Tips/Caution</b> Be careful not to jerk your back in an effort to help you raise the dumbbells.</p>  |
|  | <p>■ <b>Biceps   Biceps Curl (Dumbbells) - Standing; Alternated</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> 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><b>Motion</b> Raise one dumbbell toward your shoulder and while slowly lowering it back down after a short pause, start raising the other one.</p> <p><b>Tips/Caution</b> Keep your back and upper arms still throughout.</p>                             |
|   | <p>■ <b>Triceps   Triceps Kickback (Dumbbells)</b></p> <p><b>Secondary Muscles</b> Forearms</p> <p><b>Starting Position</b> 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><b>Motion</b> Raise the dumbbell back by straightening your arm and allow it to slowly return after a short pause.</p> <p><b>Tips/Caution</b> Keep your upper arm still throughout.</p>  |
|  | <p>■ <b>Calves   Calf Raise (Dumbbells) - Standing</b></p> <p><b>Secondary Muscles</b> Calves</p> <p><b>Starting Position</b> Stand up and hold one dumbbell with each hand against the sides of your body, palms facing each other.</p> <p><b>Motion</b> Lift your heels from the ground by standing on your toes and lower yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Make sure that only the calf muscles are exercising.</p>  |