



# Workout Routine Sample

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## Workout Routine - Dumbbells - Large Chest

Printed on Apr 28 2011

### Workout Routine Snapshot

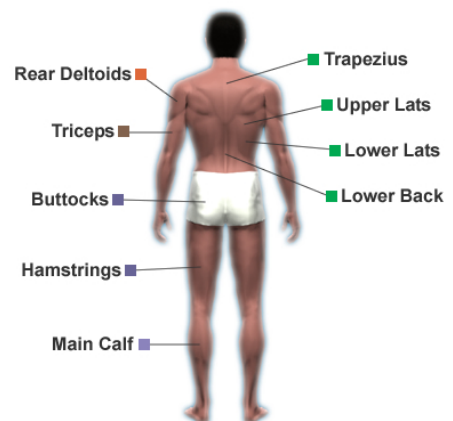
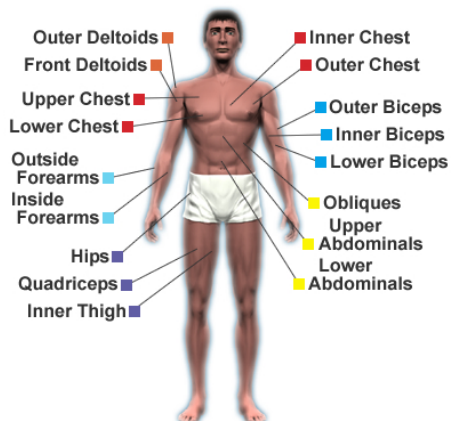
1 Workout Days

0 Cardio Exercises

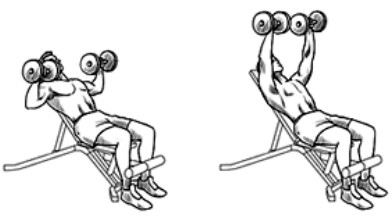
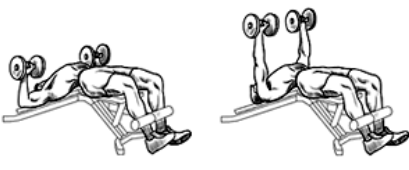
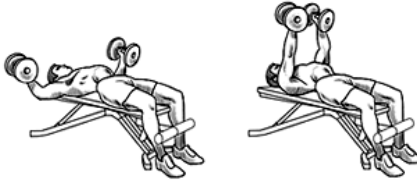
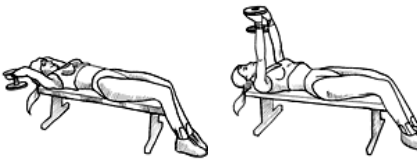
4 Strength Training →

0 Stretching Exercises

4 ■ Chest





	<p>■ <b>Chest   Dumbbell Press - Incline</b></p> <p><b>Secondary Muscles</b> Triceps, Upper Chest</p> <p><b>Starting Position</b> Lie down on your back on an incline bench and hold 2 dumbbells at chest level along your body, palms facing forward.</p> <p><b>Motion</b> Push the dumbbells straight up until your elbows are close to being locked and lower them 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>Chest   Dumbbell Press - Decline</b></p> <p><b>Secondary Muscles</b> Triceps, Lower Chest</p> <p><b>Starting Position</b> Lie down on your back on a decline bench and hold 2 dumbbells at chest level, palms facing forward.</p> <p><b>Motion</b> Push the dumbbells straight up until your elbows are close to being locked and lower them 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>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>Chest   Pullover (Dumbbell) - Straight-Arm</b></p> <p><b>Secondary Muscles</b> Triceps, Lats, Trunk</p> <p><b>Starting Position</b> Lie down on your back on one end of the bench and hold 2 dumbbells at your head height, arms extended.</p> <p><b>Motion</b> Raise the dumbbell up until your arms are perpendicular to the floor and slowly return to starting position.</p> <p><b>Tips/Caution</b> Breathe out while raising the dumbbell and breathe in while returning to starting position.</p>