



# Workout Routine Sample

Create, Print, Track and Chart

your own at:

**FitnessBliss.com**

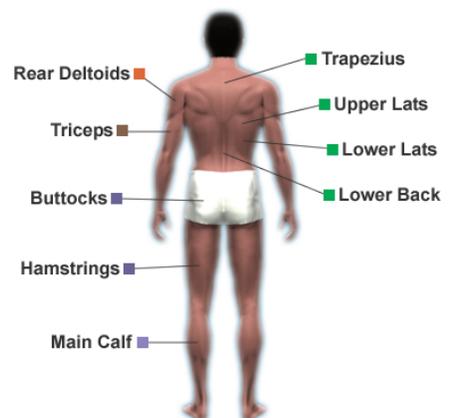
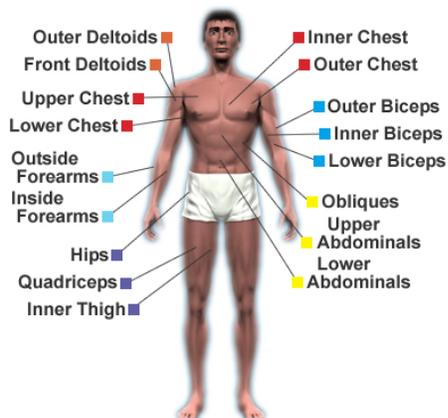
## Workout Routine - Dumbbells - Upper Body

Printed on Apr 28 2011

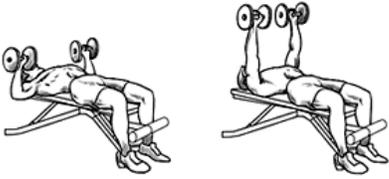
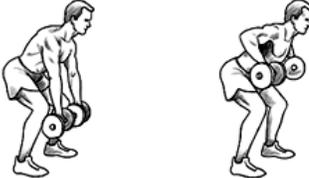
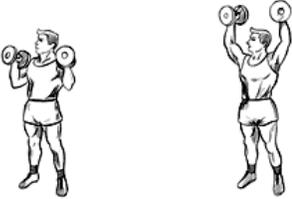
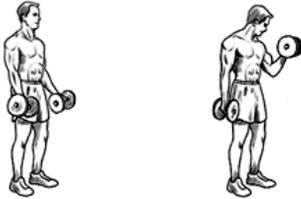
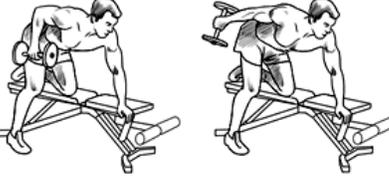
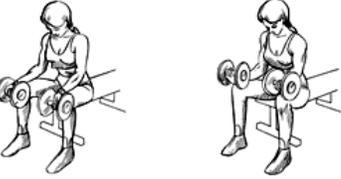
### Workout Routine Snapshot

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

2 ■ Forearms  
1 ■ Back  
1 ■ Biceps  
1 ■ Chest  
1 ■ Shoulders  
1 ■ Triceps





	<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   Row (Dumbbells) - Standing; Two-Arms</b></p> <p><b>Secondary Muscles</b> Biceps, Upper Lats, Rear Deltoids, Trapezius</p> <p><b>Starting Position</b> Grab one dumbbell with each hand and flex your knees and hips to bring yourself to a squatting position.</p> <p><b>Motion</b> Lift both dumbbells straight up while maintaining the angles at your knees and hips and lower them back 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>Shoulders   Shoulder Press - Standing</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 at shoulder level, palms facing each other.</p> <p><b>Motion</b> Push the dumbbells straight up until your elbows come close to locking and lower them back down 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; One-at-a-Time</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Grab one dumbbell in each hand, palms facing forward.</p> <p><b>Motion</b> One arm at a time, raise one dumbbell by curling your elbow and lower it back down after a short pause. Alternate sides between repetitions.</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>Forearms   Wrist Curl (Dumbbells) - Two Hands</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 each hand, wrists against your knees, palms facing up.</p> <p><b>Motion</b> Raise the dumbbells up by curling your wrists and slowly lower them back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your forearms pressed against your thighs throughout.</p>
	<p>■ <b>Forearms   Wrist Extension (Dumbbells) - Two Hands</b></p> <p><b>Secondary Muscles</b> Outside Forearms</p> <p><b>Starting Position</b> Sit on one end of a bench and hold one dumbbell with each hand, wrists against your knees, palms facing down.</p> <p><b>Motion</b> Raise the dumbbells up by extending your wrists and slowly lower them back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your forearms pressed against your thighs throughout.</p>