



Workout Routine Sample

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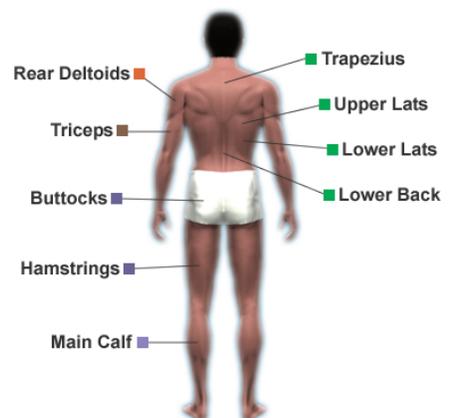
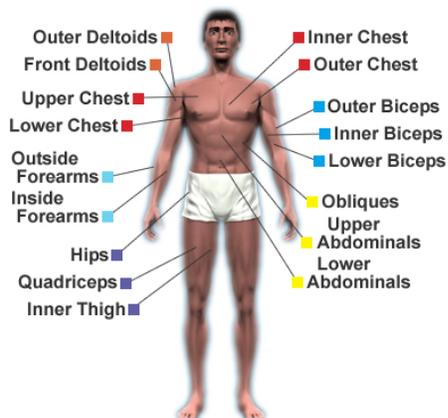
Workout Routine - Gym - Core

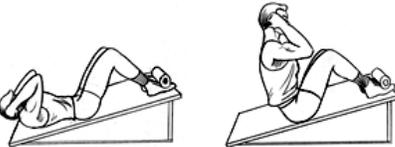
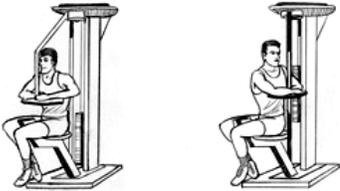
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Workout Routine Snapshot

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

3 ■ Abs
1 ■ Chest
1 ■ Thighs



	<p>■ Abs Reverse Crunch - Inclined</p> <p>Secondary Muscles Lower Abdominals</p> <p>Starting Position Lie down on the bench, legs up, knees at 90 degree angles and hold the bench with your hands close to your head.</p> <p>Motion Contract your abs in order to lift your buttocks from the bench and lower yourself back after a short pause.</p> <p>Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.</p>
	<p>■ Abs Sit-Up - Inclined; Feet Attached</p> <p>Secondary Muscles Hips, Upper Abdominals</p> <p>Starting Position Lie down on the bench, knees at 90 degree angles, feet stabilized by the foot pads and place your hands behind your ears.</p> <p>Motion Roll your upper body up until your elbows touch your knees (or close to it) 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>■ Abs Trunk Rotation (Gym Equipment)</p> <p>Secondary Muscles Trunk, Obliques</p> <p>Starting Position Sit down on the machine, place your arms on top of the arm pads of the pivoting structure in front of you.</p> <p>Motion Rotate your trunk to one side and let it slowly swing back after a short pause. Alternate sides.</p> <p>Tips/Caution Try to keep your back straight throughout.</p>
	<p>■ Chest Pullover (Gym Equipment)</p> <p>Secondary Muscles Triceps, Lats, Trunk</p> <p>Starting Position Sit down on the machine, fasten the seat belt (if any) and position your arms up on the arms' structure above your head.</p> <p>Motion Lower your hands down until your upper arms are parallel to your upper body and allow them to slowly swing back after a short pause.</p> <p>Tips/Caution Try to keep your back straight 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>