



Workout Routine Sample

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Workout Routine - Gym - Hard Buttocks

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Workout Routine Snapshot

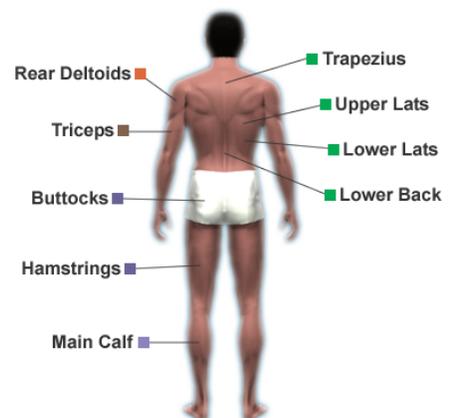
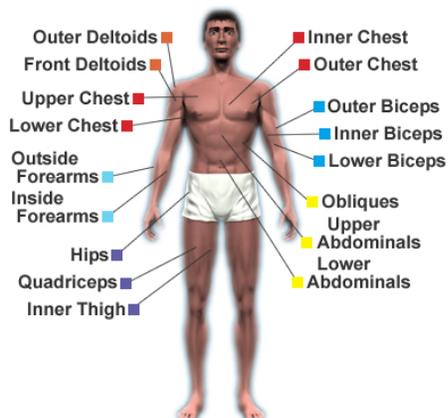
1 Workout Days

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Thighs





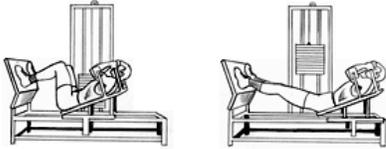
■ Thighs | Leg Press (Gym Equipment) - Incline

Secondary Muscles Buttocks, Quadriceps

Starting Position Lie down on the bench, hold the weight with your knees close to 90 degree angles and grab the provided handles with both hands.

Motion Push the weight stack by extending your legs and let it slowly swing back after a short pause.

Tips/Caution Breathe out when pushing out and breathe in when letting the weight stack swing back.



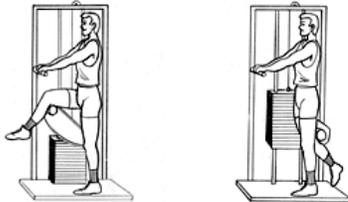
■ Thighs | Squat (Gym Equipment)

Secondary Muscles Buttocks, Quadriceps

Starting Position Lie down on the bench, position the pads against your shoulders and position your knees at 90 degree angles.

Motion Push yourself out until your legs are close to being fully extended and let the structure slowly swing back after a short pause.

Tips/Caution Breathe out while pushing and breathe in while letting the structure swing back.



■ Thighs | Hip Extension (Gym Equipment)

Secondary Muscles Hamstrings, Buttocks

Starting Position Stand up so the structure is on your side, place your thigh closest to it on top of the thigh pad and hold the provided handles with your hands.

Motion Push your leg back until it is side by side with the other one and let the pad slowly swing back after a short pause. Alternate legs after a set.

Tips/Caution Keep your back straight throughout.



■ Thighs | Bridging

Secondary Muscles Hamstrings, Buttocks, Abs

Starting Position Lie on the floor, knees at 90 degree angles and place your hands flat on the floor, arms extended.

Motion Raise your buttocks from the floor as high as you comfortably can and lower it back down after a short pause.

Tips/Caution Your feet and hands should not move throughout.