



Workout Routine Sample

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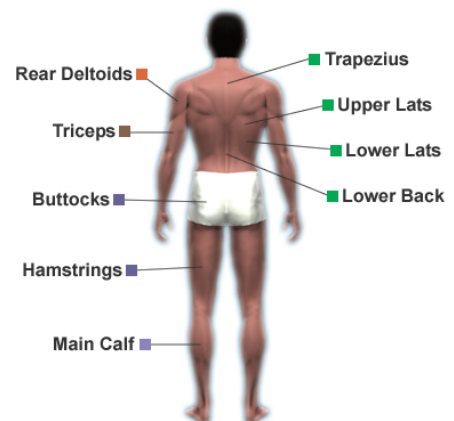
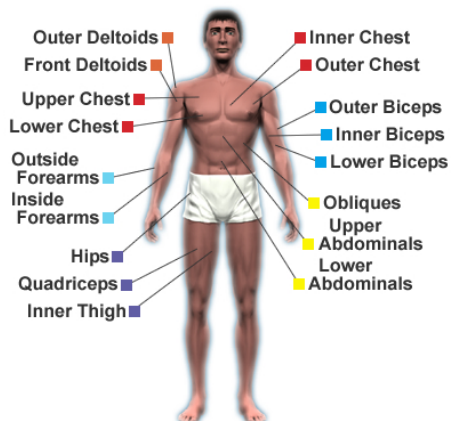
Workout Routine - Gym - Lower Body

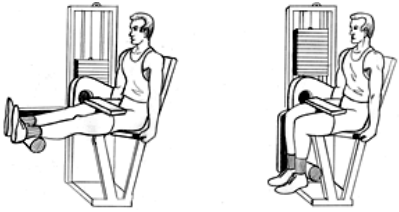

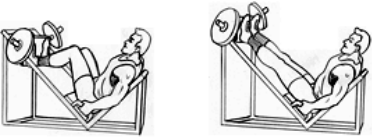
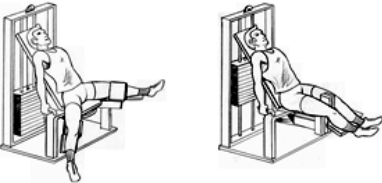
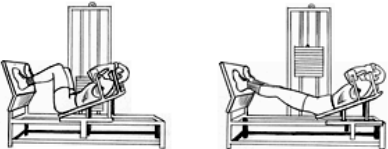
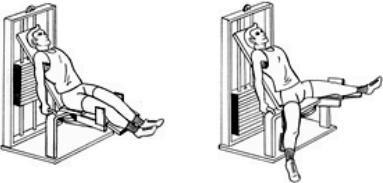

Printed on Jun 07 2011

Workout Routine Snapshot

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

6 ■ Thighs
1 ■ Calves



	<p>■ Thighs Leg Curl - Seated</p> <p>Secondary Muscles Hamstrings</p> <p>Starting Position Sit down on the bench, place your thighs under the thigh pad and place your feet on top of the foot pad.</p> <p>Motion Push your feet down and towards you until your knees form 90 degree angles and let the pad slowly swing back after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Thighs Leg Extension</p> <p>Secondary Muscles Quadriceps</p> <p>Starting Position Sit down on the bench and position your ankles against the foot pads.</p> <p>Motion Raise your feet by extending your legs and slowly lower them back down slowly after a pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Thighs Leg Press (Gym Equipment) - Incline</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>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.</p> <p>Motion Push the weight stack by extending your legs and let it slowly swing back after a short pause.</p> <p>Tips/Caution Breathe out when pushing out and breathe in when letting the weight stack swing back.</p>
	<p>■ Thighs Hip Adduction (Gym Equipment A) - Seated</p> <p>Secondary Muscles Inner Thigh</p> <p>Starting Position Sit down on the bench, position your legs apart, leg pads against the interior of your legs and grab the provided handles with your hands.</p> <p>Motion Squeeze your legs together until they are side by side and let the pads slowly swing back after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Thighs Squat (Gym Equipment)</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Lie down on the bench, position the pads against your shoulders and position your knees at 90 degree angles.</p> <p>Motion Push yourself out until your legs are close to being fully extended and let the structure slowly swing back after a short pause.</p> <p>Tips/Caution Breathe out while pushing and breathe in while letting the structure swing back.</p>
	<p>■ Thighs Hip Abduction (Gym Equipment A) - Seated</p> <p>Secondary Muscles Hips</p> <p>Starting Position Sit down on the bench, place your legs straight in front, leg pads against the exterior of your legs and grab the provided handles with your hands.</p> <p>Motion Push your legs apart from one another as far as you comfortably can and let the pads slowly swing back after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Calves Calf Raise (Leg Press)</p> <p>Secondary Muscles Calves</p> <p>Starting Position Sit down on the bench and place your feet against the foot pad, legs close to being extended.</p> <p>Motion Push the machine away by only pushing your toes forward and slowly allow it to swing back down after a short pause.</p> <p>Tips/Caution Make sure that only the calf muscles are exercising.</p>