



Workout Routine Sample

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FitnessBliss.com

Ball Workout Routine for Chest

Printed on Apr 27 2010

Workout Routine Snapshot

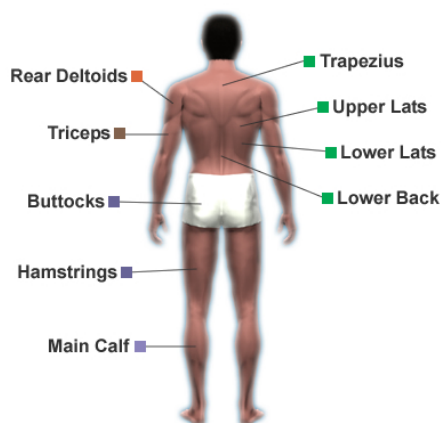
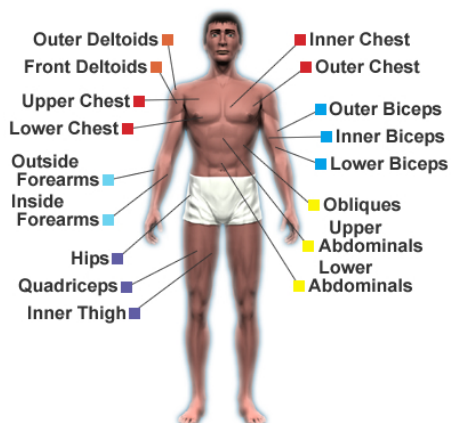
1 Workout Days

0 Cardio Exercises









4 Strength Training →



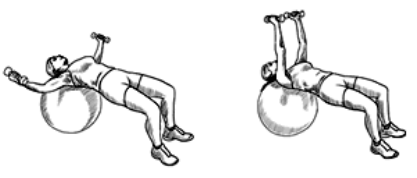
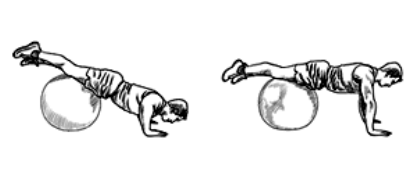
0 Stretching Exercises

4 ■ Chest



Ball Workout Routine for Chest - Day 1

Cardio / Strength Training	# of Sets	# of Reps	Progress Log							
■ Chest Dumbbell Press (Ball)										
 	3	6								
■ Chest Dumbbell Press (Ball) - Incline										
 	3	6								
■ Chest Chest Fly (Ball)										
 	3	6								
■ Chest Push Up (Ball) - Feet Up										
 	3	6								

	<p>■ Chest Dumbbell Press (Ball)</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Lie on your back, shoulder blades on top of the ball, back extended, knees flexed at 90 degree angles and hold dumbbells on each side of your chest.</p> <p>Motion Push the dumbbells straight up and slowly lower them down after a short pause.</p> <p>Tips/Caution Breathe out while pushing and breathe in while returning to starting position.</p>
	<p>■ Chest Dumbbell Press (Ball) - Incline</p> <p>Secondary Muscles Triceps, Upper Chest</p> <p>Starting Position Lie on your back, shoulder blades against the ball, back extended but hips and knees flexed and hold dumbbells on each side of your chest.</p> <p>Motion Push the dumbbells straight up and slowly lower them down after a short pause.</p> <p>Tips/Caution Breathe out while pushing and breathe in while returning to starting position.</p>
	<p>■ Chest Chest Fly (Ball)</p> <p>Secondary Muscles Outer Chest, Front Deltoids</p> <p>Starting Position Lie on your back, shoulder blades on top of the ball, back extended, knees flexed at 90 degree angles and hold dumbbells out to each side of your body.</p> <p>Motion Keeping your elbows just slightly bent, roll the dumbbells in and up and slowly lower them down after a short pause.</p> <p>Tips/Caution Breathe out while pulling the dumbbells in and up and breathe in while returning to starting position.</p>
	<p>■ Chest Push Up (Ball) - Feet Up</p> <p>Secondary Muscles Triceps, Front Deltoids, Upper Chest</p> <p>Starting Position Lie prone with your thighs on top of the ball, legs and back fully extended and hands on the floor, elbows bent.</p> <p>Motion Push yourself up by extending your arms and slowly lower yourself back down after a short pause.</p> <p>Tips/Caution Breathe out while pushing and breathe in while returning to starting position.</p>