



Workout Routine Sample

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FitnessBliss.com

Band Workout Routine for Arms

Printed on Sep 21 2010

Workout Routine Snapshot

1 Workout Days

0 Cardio Exercises

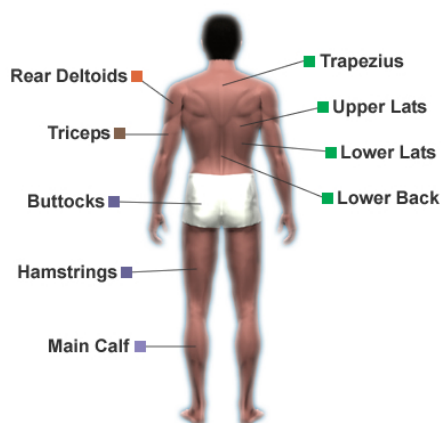
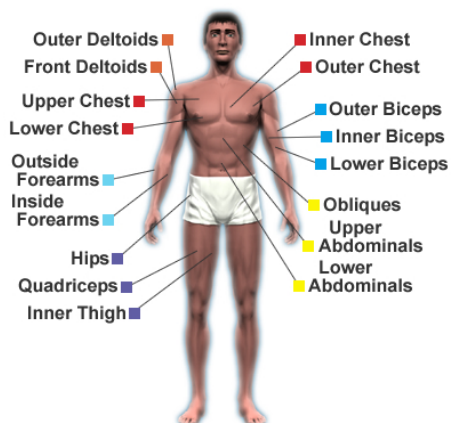
4 Strength Training →

0 Stretching Exercises









2 ■ Forearms


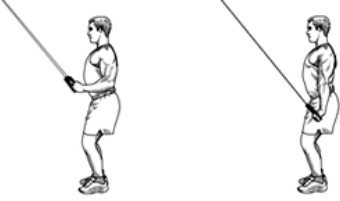


1 ■ Biceps

1 ■ Triceps



Band Workout Routine for Arms - Day 1

Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Biceps Biceps Curl - (Band)											
		3	6								
■ Triceps Triceps Pushdown (Band)											
		3	6								
■ Forearms Wrist Curl (Band)											
		3	6								
■ Forearms Wrist Extension (Band)											
		3	6								

	<p>■ Biceps Biceps Curl - (Band)</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Secure the tubing underneath your foot and grab the handles with your hands in front of your thighs, arms extended and palms facing up.</p> <p>Motion Pull the handles towards your shoulders by curling your elbows and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your upper arms immobile throughout.</p>
	<p>■ Triceps Triceps Pushdown (Band)</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Secure the tubing high in front of you and hold the handles with your hands in front of your abdomen, palms facing each other, elbows bent at 90 degree angles.</p> <p>Motion Pull the handles down by extending your arms completely and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your upper arms immobile throughout.</p>
	<p>■ Forearms Wrist Curl (Band)</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Sit on a bench, secure the tubing underneath your foot and hold the handle with your hand above your knee, palm facing up and elbow resting on top of your thigh.</p> <p>Motion Pull the handle up by curling your wrist and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your forearm immobile throughout.</p>
	<p>■ Forearms Wrist Extension (Band)</p> <p>Secondary Muscles Outside Forearms</p> <p>Starting Position Sit on a bench, secure the tubing underneath your foot and hold the handle with your hand above your knee, palm facing down and elbow resting on top of your thigh.</p> <p>Motion Pull the handle up by extending your wrist and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your forearm immobile throughout.</p>