



Workout Routine Sample

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FitnessBliss.com

Band Workout Routine for Chest

Printed on Sep 21 2010

Workout Routine Snapshot

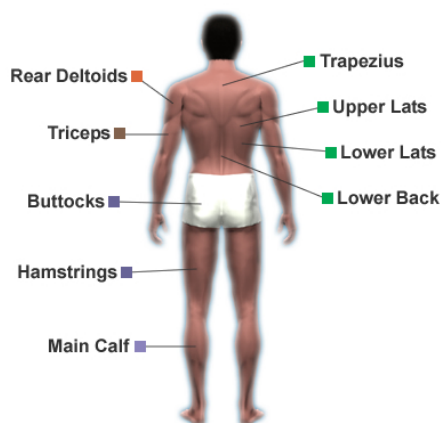
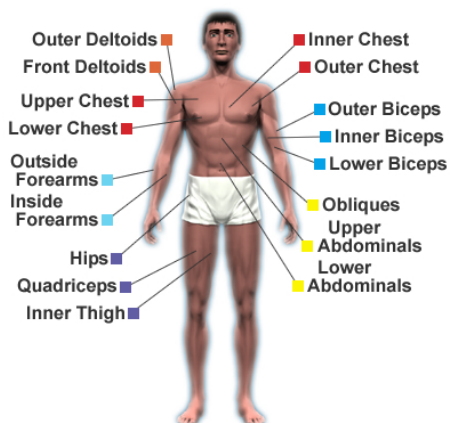
1 Workout Days

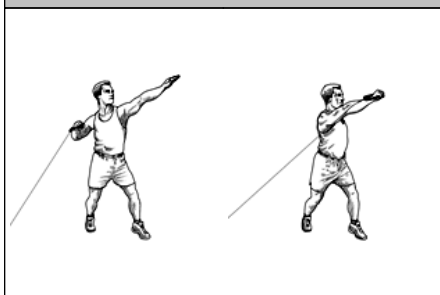
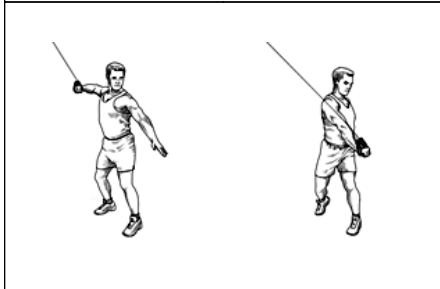
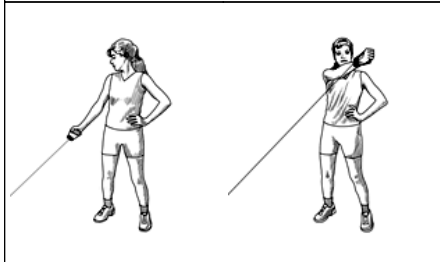
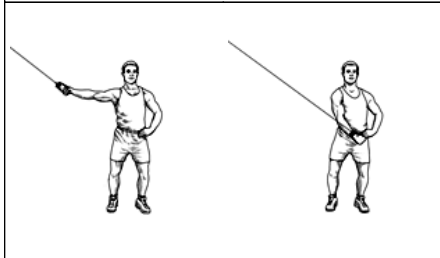
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Chest



	<p>■ Chest Chest Press (Band) - Incline</p> <p>Secondary Muscles Triceps, Upper Chest</p> <p>Starting Position Secure the tubing at medium height behind you and grab one handle with your hand near your shoulder, palm facing down.</p> <p>Motion Push the handle forward and up until your arm is extended and the handle at the same height as your head and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your feet solidly in place throughout.</p>
	<p>■ Chest Chest Press (Band) - Decline</p> <p>Secondary Muscles Triceps, Lower Chest</p> <p>Starting Position Secure the tubing at medium height behind you and grab one handle with your hand near your shoulder, palm facing down.</p> <p>Motion Push the handle forward and down until your arm is extended and the handle at the same height as your navel and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your feet solidly in place throughout.</p>
	<p>■ Chest Chest Fly (Band) - Incline</p> <p>Secondary Muscles Outer Chest, Front Deltoids, Upper Chest</p> <p>Starting Position Secure the tubing low on your side and grab one handle with your hand, arm extended out at thigh height, palm facing forward.</p> <p>Motion Pull the handle in until it is in front of your chest and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your arm extended (or close to it) throughout.</p>
	<p>■ Chest Chest Fly (Band) - Decline</p> <p>Secondary Muscles Outer Chest, Front Deltoids, Lower Chest</p> <p>Starting Position Secure the tubing high on your side and grab one handle with your hand, arm extended out at shoulder height, palm facing forward.</p> <p>Motion Pull the handle in until it is in front of your navel and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your arm extended (or close to it) throughout.</p>