



Workout Routine Sample

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Barbell Workout Routine for Chest

Printed on Apr 27 2010

Workout Routine Snapshot

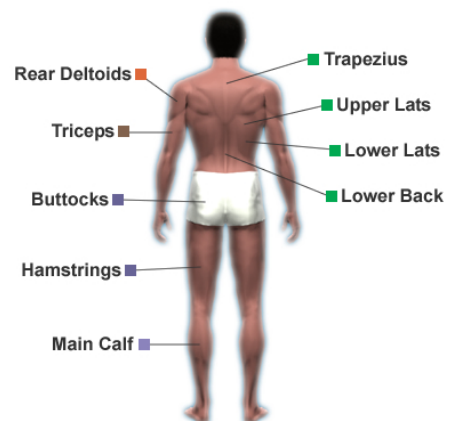
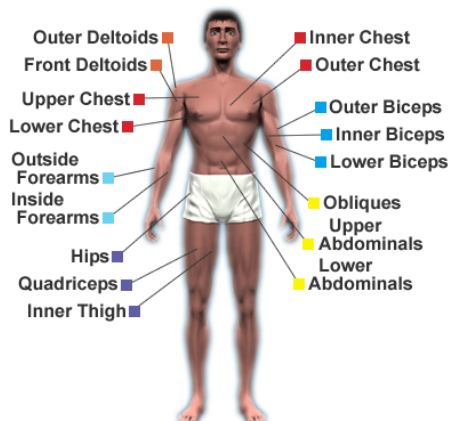
1 Workout Days

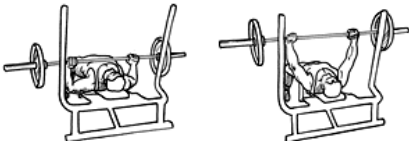

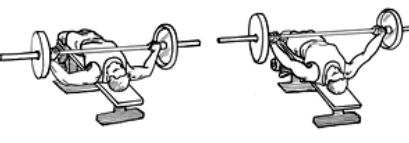
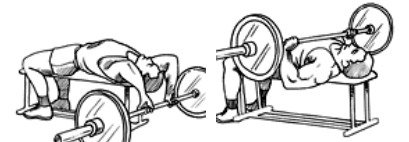
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Chest



	<p>■ Chest Bench Press</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Lie down on your back on the bench and grasp the barbell with both hands in a medium-grip position.</p> <p>Motion Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the bar and breathe in while lowering it back.</p>
	<p>■ Chest Bench Press - Incline</p> <p>Secondary Muscles Triceps, Upper Chest</p> <p>Starting Position Lie down on your back on the incline bench and grasp the barbell with both hands in a medium-grip position.</p> <p>Motion Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the bar and breathe in while lowering it back.</p>
	<p>■ Chest Bench Press - Decline; Wide-Grip</p> <p>Secondary Muscles Outer Chest, Triceps, Lower Chest</p> <p>Starting Position Lie down on your back on the decline bench and grasp the barbell with both hands in a wide-grip position.</p> <p>Motion Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the bar and breathe in while lowering it back.</p>
	<p>■ Chest Pullover (Barbell) - Bent-Arm</p> <p>Secondary Muscles Triceps, Lats, Trunk</p> <p>Starting Position Lie down on your back on one end of the bench and hold the barbell below your head height, elbows at 90 degree angles.</p> <p>Motion Raise the barbell and bring it on top of your chest while keeping the angles in your elbows still and slowly return to starting position.</p> <p>Tips/Caution Breathe out while raising the barbell and breathe in while lowering it back.</p>