



Workout Routine Sample

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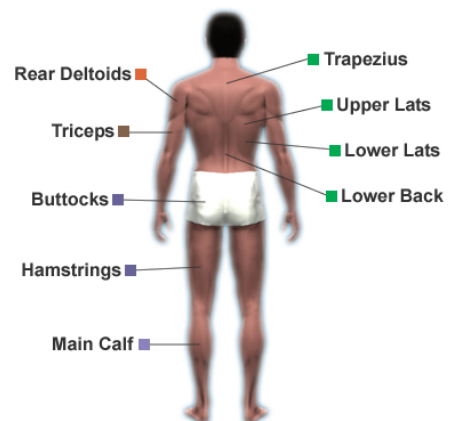
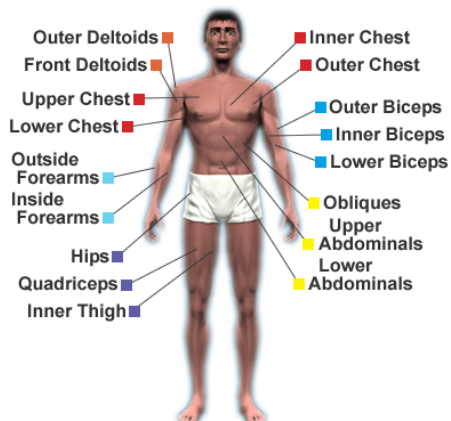
Bowflex Workout Routine for Arms

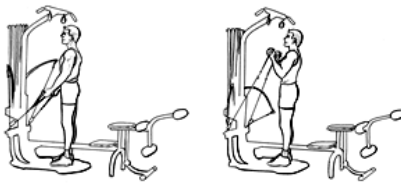
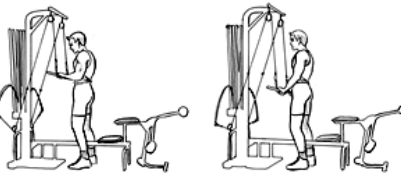
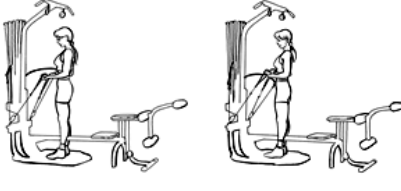
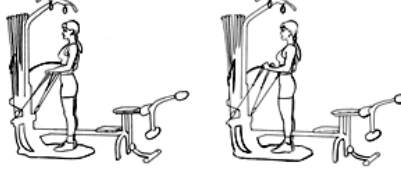
Printed on Apr 27 2010

Workout Routine Snapshot

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

2 ■ Forearms
1 ■ Biceps
1 ■ Triceps



	<p>■ Biceps Biceps Curl (Bow-o: Handles) - Standing</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand up in front of the vertical structure and grasp the handles with your hands, palms facing upward.</p> <p>Motion Pull the handles towards your shoulders and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your back and upper arms still throughout.</p>
	<p>■ Triceps Triceps Pushdown (Bow-o: Bar) - Standing</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand up in front of the vertical structure and grasp the bar with both hands, upper arms parallel to your body, elbows at 90 degree angles.</p> <p>Motion Push the bar down by straightening your arms and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your upper arms still throughout.</p>
	<p>■ Forearms Wrist Curl (Bow-o) - Standing</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand up in front of the structure and grasp the handles with your hands, palms facing up and forearms parallel to the ground.</p> <p>Motion Pull the handles by curling your wrists and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your forearms parallel to the floor and upper arms perpendicular throughout.</p>
	<p>■ Forearms Wrist Extension (Bow-o) - Standing</p> <p>Secondary Muscles Outside Forearms</p> <p>Starting Position Stand up in front of the structure and grasp the handles with your hands, palms facing down and forearms parallel to the ground.</p> <p>Motion Pull the handles by extending your wrists and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your forearms parallel to the floor and upper arms perpendicular throughout.</p>