



Workout Routine Sample

Create, Print, Track and Chart

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FitnessBliss.com

Bowflex Workout Routine for Back

Printed on Apr 27 2010

Workout Routine Snapshot

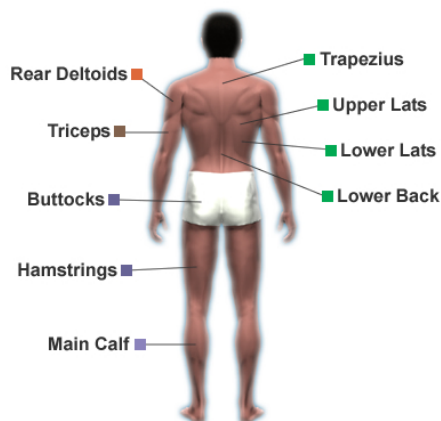
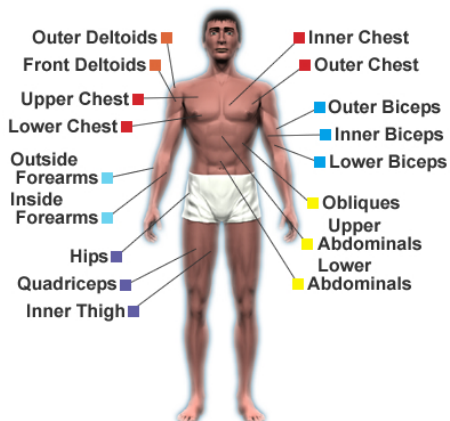
1 Workout Days

0 Cardio Exercises



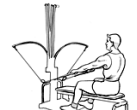





4 Strength Training →

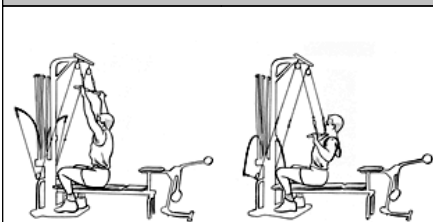
0 Stretching Exercises

4 ■ Back





Cardio / Strength Training	# of Sets	# of Reps	Progress Log							
■ Back Pulldown (Bow-o: Bar) - Seated										
		3	6							
■ Back Row (Bow-o) - Seated										
		3	6							
■ Back Row (Bow-o) - Bent-Over										
		3	6							
■ Back Shrug (Bow-o: Handles)										
		3	6							



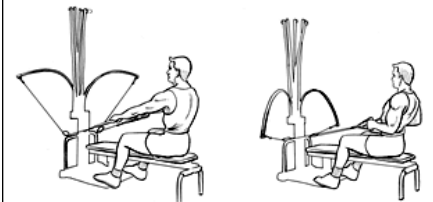
■ Back | Pulldown (Bow-o: Bar) - Seated

Secondary Muscles Biceps, Lower Lats, Rear Deltoids

Starting Position Sit on the flat bench with your body facing the vertical structure and grasp the bar with both hands, palms facing forward.

Motion Pull the bar towards your upper body and allow it to slowly return after a short pause.

Tips/Caution Keep your back straight throughout.



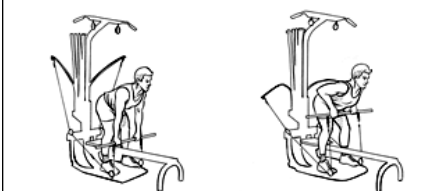
■ Back | Row (Bow-o) - Seated

Secondary Muscles Biceps, Lats, Rear Deltoids

Starting Position Sit on the flat bench facing the vertical structure and grasp both handles with your hands while your arms are fully extended, palms facing down.

Motion Pull the handles towards the sides of your abdomen and allow them to slowly return after a short pause.

Tips/Caution Keep your back still throughout.



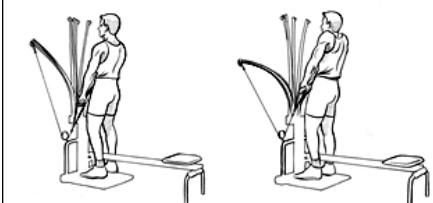
■ Back | Row (Bow-o) - Bent-Over

Secondary Muscles Biceps, Lower Back, Lats, Rear Deltoids

Starting Position Stand up with your back facing the vertical structure, flex your knees, bend your waist and grasp the bar with both hands.

Motion Pull the bar towards your upper body while keeping your back still and allow it to slowly return after a short pause.

Tips/Caution Keep the angles in your knees and hips still throughout.



■ Back | Shrug (Bow-o: Handles)

Secondary Muscles Trapezius

Starting Position Stand up in front of the vertical structure and grasp the handles with your hands down the sides of your body, palms facing back.

Motion Lift the handles by raising your shoulders and allow them to slowly return after a short pause.

Tips/Caution Keep your arms extended and perpendicular to the floor throughout.