



Workout Routine Sample

Create, Print, Track and Chart

your own at:

FitnessBliss.com

Bowflex Workout Routine for Chest

Printed on Apr 27 2010

Workout Routine Snapshot

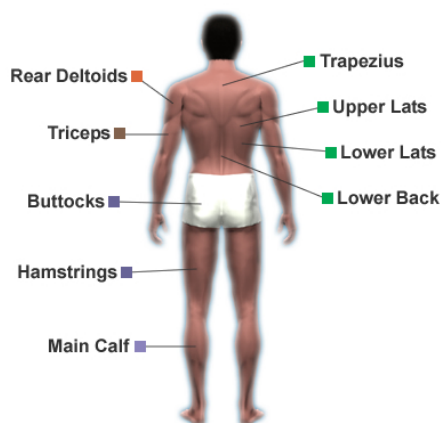
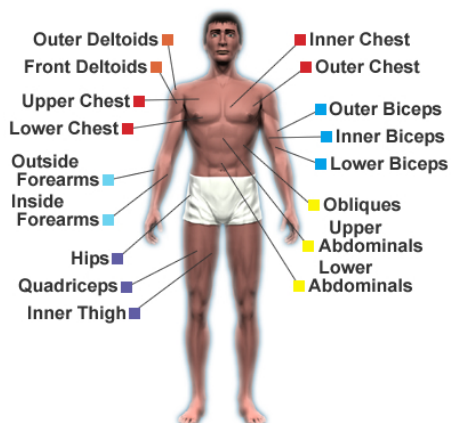
1 Workout Days

0 Cardio Exercises

4 Strength Training →

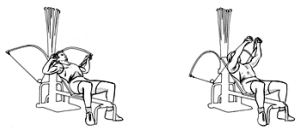
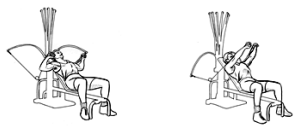


0 Stretching Exercises

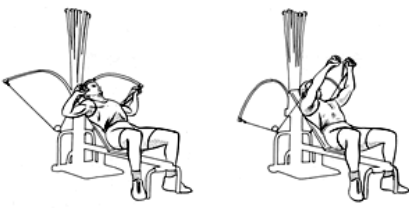
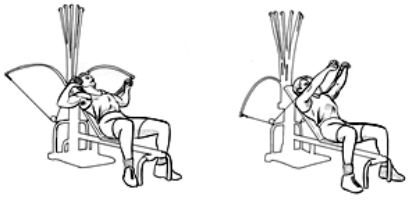
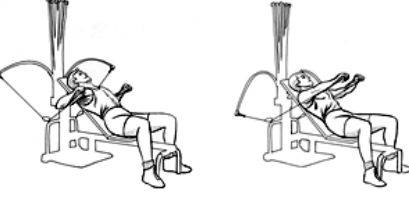
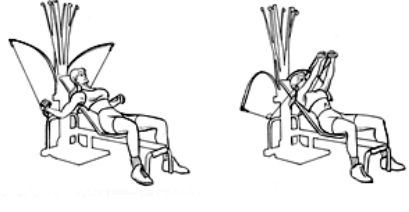
4 ■ Chest



Bowflex Workout Routine for Chest - Day 1



Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Chest Bench Press (Bow-o)											
		3	6								
■ Chest Bench Press (Bow-o) - Incline											
		3	6								
■ Chest Bench Press (Bow-o) - Decline											
		3	6								
■ Chest Chest Fly (Bow-o)											
		3	6								

	<p>■ Chest Bench Press (Bow-o)</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Sit on the 45 degree bench position and grasp the handles with your palms facing forward.</p> <p>Motion Push the handles forward by straightening your arms and allow them to slowly return after a short pause.</p> <p>Tips/Caution Breathe out while pushing forward and breathe in while returning to starting position.</p>
	<p>■ Chest Bench Press (Bow-o) - Incline</p> <p>Secondary Muscles Triceps, Upper Chest</p> <p>Starting Position Sit on the 45 degree bench position and grasp the handles with your palms facing forward.</p> <p>Motion Push the handles forward and slightly upwards by straightening your arms and allow them to slowly return after a short pause.</p> <p>Tips/Caution Breathe out while pushing forward and breathe in while returning to starting position.</p>
	<p>■ Chest Bench Press (Bow-o) - Decline</p> <p>Secondary Muscles Triceps, Lower Chest</p> <p>Starting Position Sit on the 45 degree bench position and grasp the handles with your palms facing forward.</p> <p>Motion Push the handles forward and slightly downwards by straightening your arms and allow them to slowly return after a short pause.</p> <p>Tips/Caution Breathe out while pushing forward and breathe in while returning to starting position.</p>
	<p>■ Chest Chest Fly (Bow-o)</p> <p>Secondary Muscles Outer Chest, Front Deltoids</p> <p>Starting Position Sit on the 45 degree bench position and grasp the handles with your palms facing forward.</p> <p>Motion Move your hands towards one another while keeping still the angle in your elbows and allow them to slowly return after a short pause.</p> <p>Tips/Caution Breathe out while pushing forward and breathe in while returning to starting position.</p>