



# Workout Routine Sample

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**FitnessBliss.com**

## Bowflex Workout Routine for Legs

Printed on Apr 27 2010

### Workout Routine Snapshot

1 Workout Days

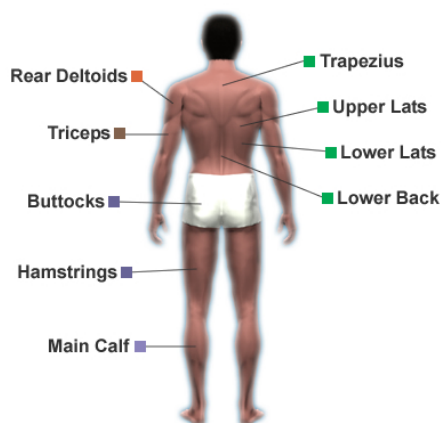
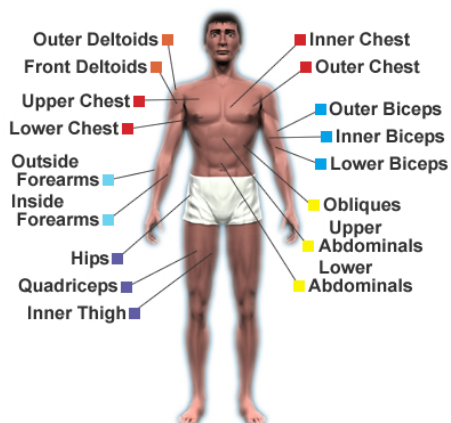
0 Cardio Exercises

4 Strength Training →







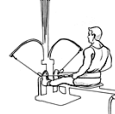

0 Stretching Exercises

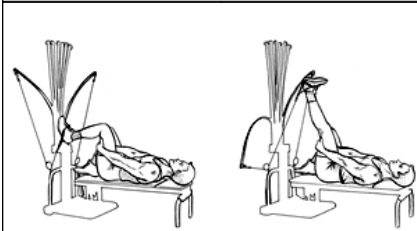
3 ■ Thighs

1 ■ Calves



# Bowflex Workout Routine for Legs - Day 1

Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Thighs   Leg Extension (Bow-o) - Lying; One-at-a-Time											
		3	6								
■ Thighs   Leg Curl (Bow-o) - Prone											
		3	6								
■ Thighs   Squat (Bow-o)											
		3	6								
■ Calves   Calf Raise (Bow-o) - Seated											
		3	6								



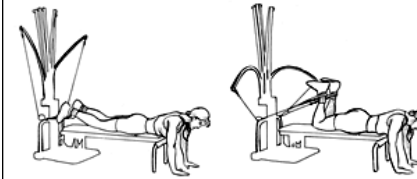
### ■ Thighs | Leg Extension (Bow-o) - Lying; One-at-a-Time

**Secondary Muscles** Quadriceps

**Starting Position** Lie on your back on the flat bench, attach one handle to one ankle and hold up your thigh with your hands.

**Motion** Pull the handle by straightening your leg and allow it to slowly return after a short pause.

**Tips/Caution** Make sure your thigh remains perpendicular to the floor throughout.



### ■ Thighs | Leg Curl (Bow-o) - Prone

**Secondary Muscles** Hamstrings

**Starting Position** Lie prone with your feet near the vertical structure with your ankles attached to their cuffs.

**Motion** Pull the handles by bringing your calves up to the point where they are perpendicular to the floor and allow them to slowly return after a short pause.

**Tips/Caution** Balance yourself by putting your hands on the ground.



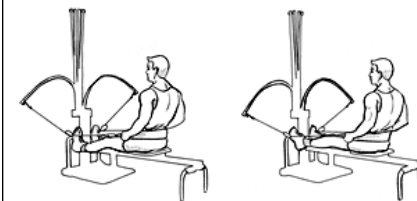
### ■ Thighs | Squat (Bow-o)

**Secondary Muscles** Hamstrings, Buttocks

**Starting Position** Stand up in front of the vertical structure and position the squat bar on top of your shoulders, knees and hips bent.

**Motion** Push straight up until you are fully standing up and allow yourself to slowly return after a short pause.

**Tips/Caution** Exhale while pushing up and inhale while lowering yourself back down.



### ■ Calves | Calf Raise (Bow-o) - Seated

**Secondary Muscles** Calves

**Starting Position** Sit on the flat bench, attach the leg press belt to your hips and place your toes on the frame in front of you, knees slightly arched.

**Motion** Press the balls of your feet into the frame and pull your heels towards your knees and allow yourself to slowly return after a short pause..

**Tips/Caution** Keep your back straight throughout.