



Workout Routine Sample

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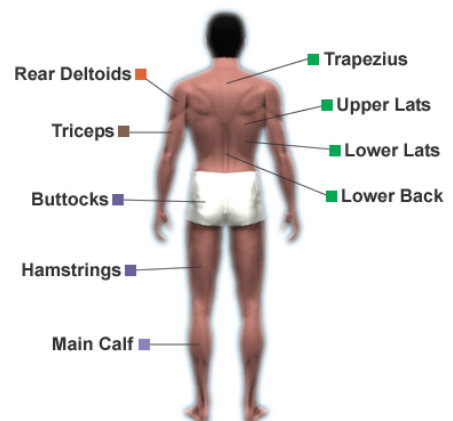
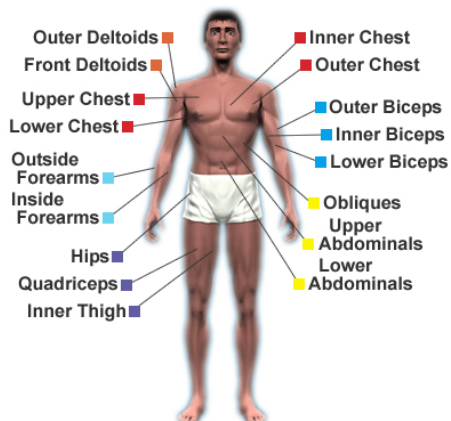
Crossbow Workout Routine for Arms

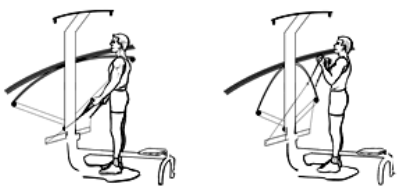
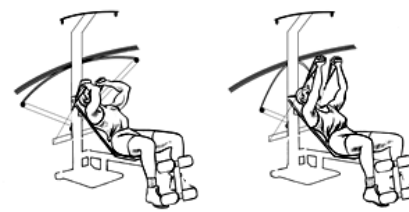
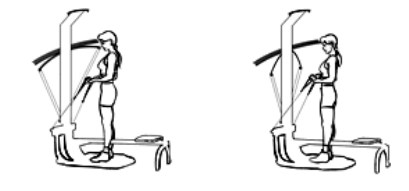
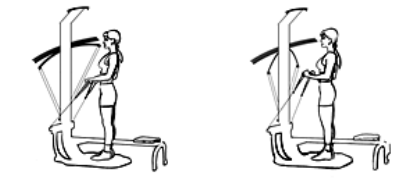
Printed on Apr 27 2010

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 (Cross) - 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 Extension (Cross) - Incline</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Sit on your back on the 45 degree position bench and grasp the handles with your hands above your head, elbows at 90 degree angles.</p> <p>Motion Pull the handles by straightening your arms and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your upper arms still throughout.</p>
	<p>■ Forearms Wrist Curl (Cross) - 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 (Cross) - 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>