



# Workout Routine Sample

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## Crossbow Workout Routine for Back

Printed on Apr 27 2010

### Workout Routine Snapshot

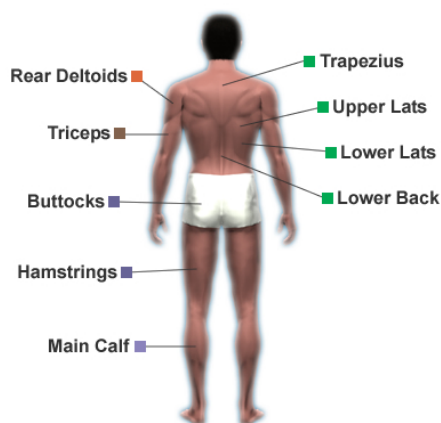
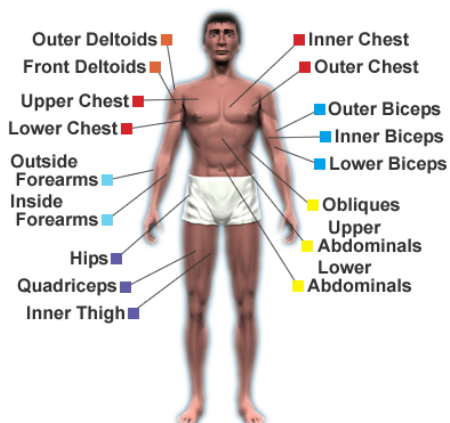
1 Workout Days

0 Cardio Exercises









4 Strength Training →

0 Stretching Exercises

4 ■ Back



# Crossbow Workout Routine for Back - Day 1

Cardio / Strength Training	# of Sets	# of Reps	Progress Log								
■ Back   Hyperextension (Cross)											
		3	6								
■ Back   Row (Cross)											
		3	6								
■ Back   Shrug (Cross)											
		3	6								
■ Back   Pulldown (Cross: Bar) - Standing; Stiff-Arm											
		3	6								



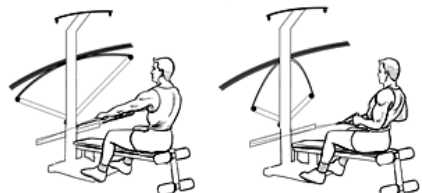
### ■ Back | Hyperextension (Cross)

**Secondary Muscles** Lower Back

**Starting Position** Sit on the flat bench facing the vertical structure and slip your hands into the handles to just before your elbows.

**Motion** Lean your upper body backwards by pivoting at the hips and slowly return to your starting position after a short pause.

**Tips/Caution** Make sure that the handles remain pressed against your chest throughout.



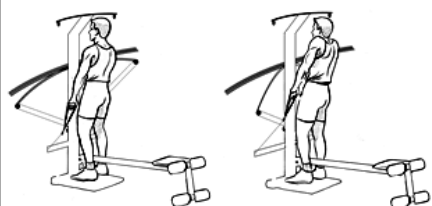
### ■ Back | Row (Cross)

**Secondary Muscles** Biceps, Lats, Rear Deltoids

**Starting Position** Sit on the flat bench facing the vertical structure and grasp the handles with your hands, palms facing each other.

**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 straight throughout.



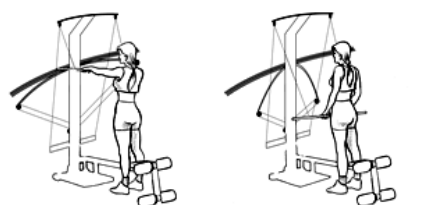
### ■ Back | Shrug (Cross)

**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.



### ■ Back | Pulldown (Cross: Bar) - Standing; Stiff-Arm

**Secondary Muscles** Triceps, Lats

**Starting Position** Stand up in front of the vertical structure and grasp the bar with both hands, palms facing down, arms extended.

**Motion** Push the bar down towards your thighs while keeping your arms extended and allow it to slowly return after a short pause.

**Tips/Caution** Keep your arms fully extended throughout.