



Workout Routine Sample

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FitnessBliss.com

Crossbow Workout Routine for Chest

Printed on Apr 27 2010

Workout Routine Snapshot

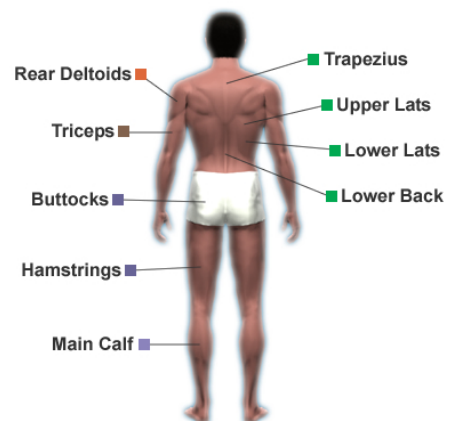
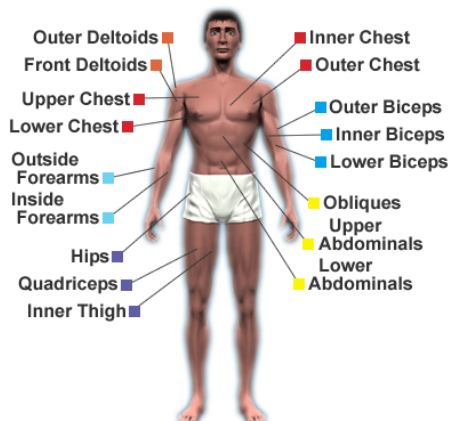
1 Workout Days

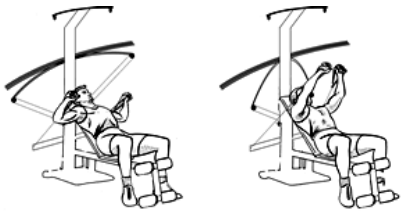
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Chest





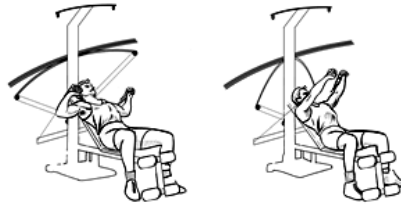
■ Chest | Bench Press (Cross)

Secondary Muscles Triceps

Starting Position Sit on the bench position and grasp the handles at shoulder height with your palms facing the floor.

Motion Push the handles forward by straightening your arms and allow them to slowly return after a short pause.

Tips/Caution Breathe out while pushing forward and breathe in while returning to starting position.



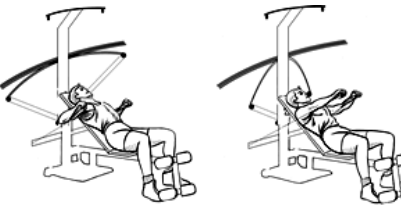
■ Chest | Bench Press (Cross) - Incline

Secondary Muscles Triceps, Upper Chest

Starting Position Sit on the bench position and grasp the handles at shoulder height with your palms facing the floor.

Motion Push the handles forward and slightly upwards by straightening your arms and allow them to slowly return after a short pause.

Tips/Caution Breathe out while pushing forward and breathe in while returning to starting position.



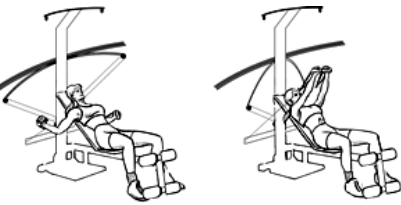
■ Chest | Bench Press (Cross) - Decline

Secondary Muscles Triceps, Lower Chest

Starting Position Sit on the bench position and grasp the handles at shoulder height with your palms facing the floor.

Motion Push the handles forward and slightly downwards by straightening your arms and allow them to slowly return after a short pause.

Tips/Caution Breathe out while pushing forward and breathe in while returning to starting position.



■ Chest | Chest Fly (Cross)

Secondary Muscles Outer Chest, Front Deltoids

Starting Position Sit on the bench position and grasp the handles at shoulder height with your palms facing the floor.

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.

Tips/Caution Breathe out while pushing forward and breathe in while returning to starting position.