



Workout Routine Sample

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FitnessBliss.com

Crossbow Workout Routine for Legs

Printed on Apr 27 2010

Workout Routine Snapshot

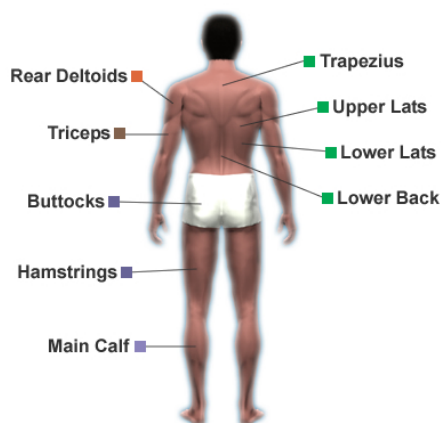
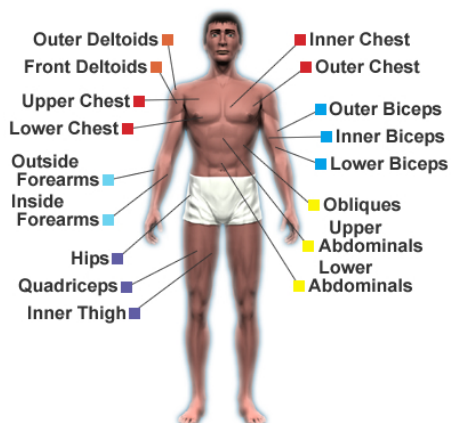
1 Workout Days

0 Cardio Exercises

4 Strength Training →









0 Stretching Exercises

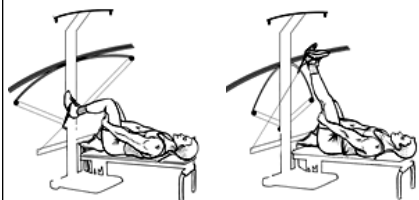
4 ■ Thighs



Crossbow Workout Routine for Legs - Day 1



Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Thighs Leg Extension (Cross) - Lying; One-at-a-Time											
		3	6								
■ Thighs Leg Kickback (Cross)											
		3	6								
■ Thighs Hip Abduction (Cross)- Seated											
		3	6								
■ Thighs Hip Adduction (Cross) - Seated											
		3	6								



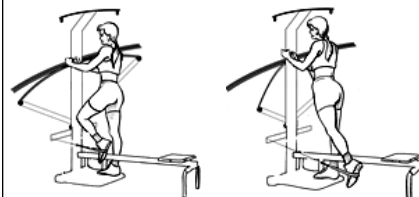
■ Thighs | Leg Extension (Cross) - Lying; One-at-a-Time

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 Kickback (Cross)

Secondary Muscles Buttocks, Quadriceps

Starting Position Stand up facing the vertical structure and attach one ankle to the handle, knee at a 90 degree angle.

Motion Push your foot backwards while at the same time straightening your entire leg and allow it to slowly return after a short pause.

Tips/Caution Switch legs after you complete a set.



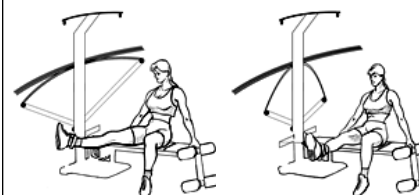
■ Thighs | Hip Abduction (Cross)- Seated

Secondary Muscles Hips

Starting Position Sit on one side of the flat bench and attach one handle to the foot furthest from the vertical structure.

Motion While keeping your leg straight pull your legs away from the vertical structure and allow it to slowly return after a short pause.

Tips/Caution Switch legs after you complete a set.



■ Thighs | Hip Adduction (Cross) - Seated

Secondary Muscles Inner Thigh

Starting Position Sit on one side of the flat bench and attach one handle to the foot closest to the vertical structure.

Motion While keeping your leg straight pull your legs towards the other one until it is straight in front of you and allow it to slowly return after a short pause.

Tips/Caution Switch legs after you complete a set.