



Workout Routine Sample

Create, Print, Track and Chart

your own at:

FitnessBliss.com

Crossbow Workout Routine for Shoulders

Printed on Apr 27 2010

Workout Routine Snapshot

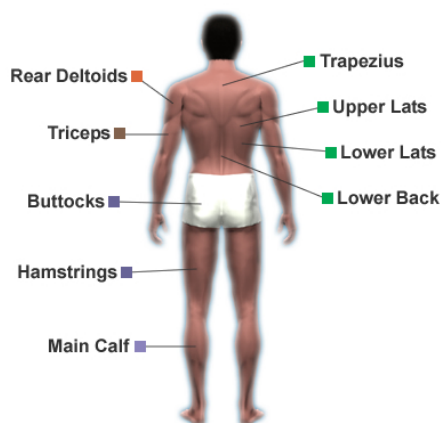
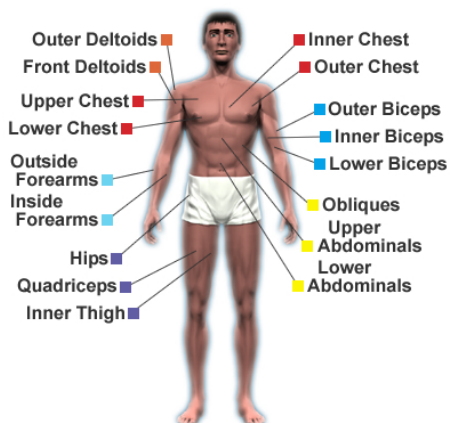
1 Workout Days

0 Cardio Exercises

4 Strength Training →









0 Stretching Exercises

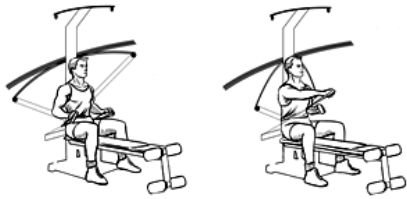
4 ■ Shoulders



Crossbow Workout Routine for Shoulders - Day 1



Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
Shoulders Resisted Punch (Cross)											
		3	6								
Shoulders Shoulder Press (Cross)											
		3	6								
Shoulders Lateral Deltoid Raise (Cross)											
		3	6								
Shoulders Rear Deltoid Raise (Cross)											
		3	6								



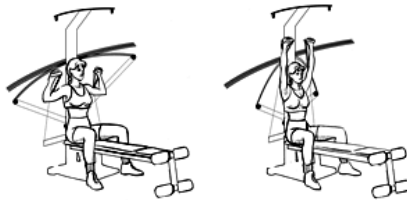
■ Shoulders | Resisted Punch (Cross)

Secondary Muscles Front Deltoids, Outer Deltoids, Upper Chest

Starting Position Sit on the flat bench with your back facing the vertical structure and grasp one handle with your hand close to your hips and with your palm facing down.

Motion Press one arm forward and up until your arm is straight and at shoulder's height and allow it to slowly return after a short pause.

Tips/Caution Keep your back straight throughout and switch sides after you complete a set.



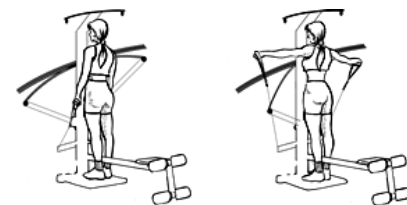
■ Shoulders | Shoulder Press (Cross)

Secondary Muscles Triceps, Front Deltoids, Outer Deltoids, Trapezius

Starting Position Sit on the flat bench with your back facing the vertical structure and grasp the handles with your palms facing forward on top of your shoulders.

Motion Push the handles upwards until your arms are fully extended.

Tips/Caution Keep your back straight throughout.



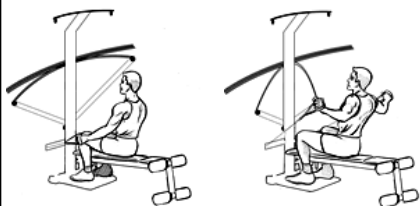
■ Shoulders | Lateral Deltoid Raise (Cross)

Secondary Muscles Outer Deltoids, Trapezius

Starting Position Stand up in front of the vertical structure and grasp both handles with your hands, palms facing your thighs.

Motion Pull the handles up to your sides until your arms are parallel to the floor and allow them to slowly return after a short pause.

Tips/Caution Keep your arms extended throughout.



■ Shoulders | Rear Deltoid Raise (Cross)

Secondary Muscles Rear Deltoids, Trapezius

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

Motion Pull the handles back until they are on either sides of your body and allow them to slowly return after a short pause.

Tips/Caution Keep a small angle in your elbows still throughout.