



Workout Routine Sample

Create, Print, Track and Chart

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FitnessBliss.com

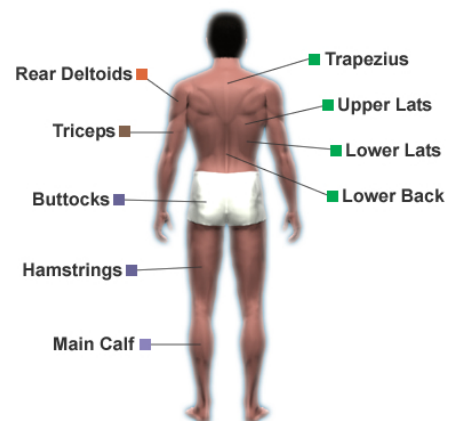
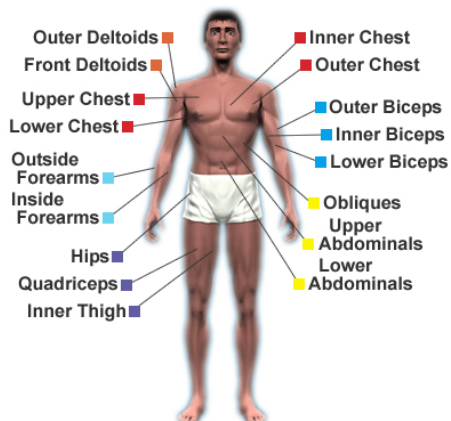
Dumbbell Workout Routine for Arms

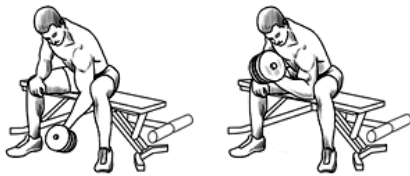
Printed on Apr 27 2010

Workout Routine Snapshot

1 Workout Days
0 Cardio Exercises
4 Strength Training →
0 Stretching Exercises

2 ■ Forearms
1 ■ Biceps
1 ■ Triceps





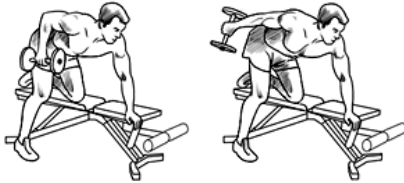
■ Biceps | Biceps Curl (Dumbbells) - Seated; Concentrated

Secondary Muscles Inside Forearms, Lower Biceps

Starting Position Sit sideways on a bench, rest one arm against your thigh and hold a dumbbell with that hand down between your legs, palm facing the other leg.

Motion Raise the dumbbell towards your shoulder and slowly lower it back down after a short pause. Alternate after a set.

Tips/Caution Keep your back and upper arms still throughout.



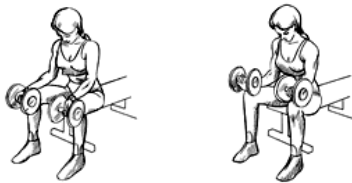
■ Triceps | Triceps Kickback (Dumbbells)

Secondary Muscles Forearms

Starting Position Put your knee and hand on a bench and grab a dumbbell with your other hand, palm facing your body, upper arm parallel to your body.

Motion Raise the dumbbell back by straightening your arm and allow it to slowly return after a short pause.

Tips/Caution Keep your upper arm still throughout.



■ Forearms | Wrist Curl (Dumbbells) - Two Hands

Secondary Muscles Inside Forearms

Starting Position Sit on one end of a bench and hold one dumbbell with each hand, wrists against your knees, palms facing up.

Motion Raise the dumbbells up by curling your wrists and slowly lower them back down after a short pause.

Tips/Caution Keep your forearms pressed against your thighs throughout.



■ Forearms | Wrist Extension (Dumbbells) - Two Hands

Secondary Muscles Outside Forearms

Starting Position Sit on one end of a bench and hold one dumbbell with each hand, wrists against your knees, palms facing down.

Motion Raise the dumbbells up by extending your wrists and slowly lower them back down after a short pause.

Tips/Caution Keep your forearms pressed against your thighs throughout.