



# Workout Routine Sample

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## Gym Workout Routine for Back

Printed on Apr 27 2010

### Workout Routine Snapshot

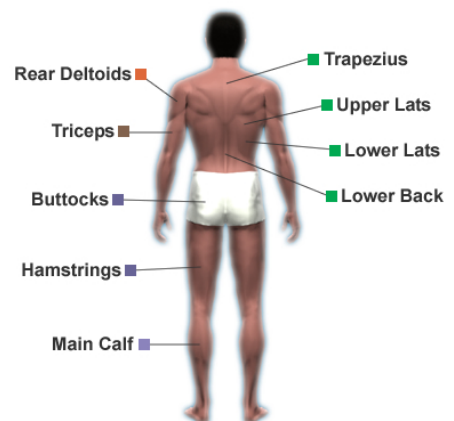
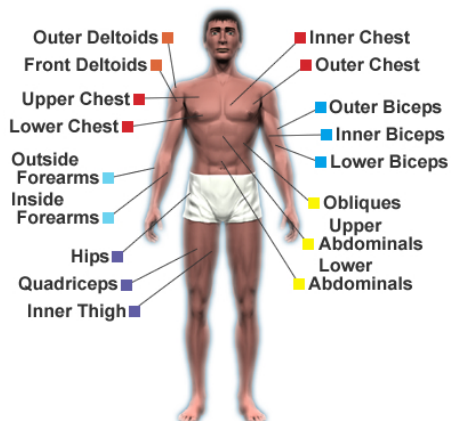
1 Workout Days

0 Cardio Exercises

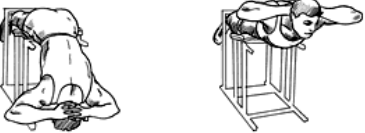
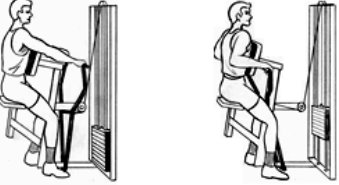
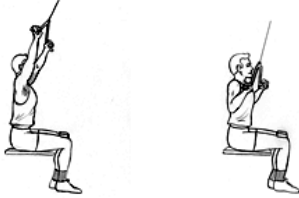
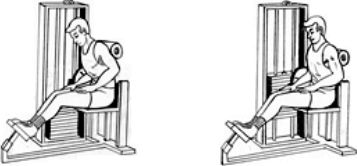
4 Strength Training →

0 Stretching Exercises

4 ■ Back





	<p>■ <b>Back   Hyperextension</b></p> <p><b>Secondary Muscles</b> Hamstrings, Buttocks, Lower Back</p> <p><b>Starting Position</b> Lie prone on the bench (feet stabilized) and place your hands behind your head.</p> <p><b>Motion</b> Raise your upper body up until it is parallel to the floor and lower it back after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while raising yourself and breathe in while lowering yourself back.</p>
	<p>■ <b>Back   Row (Gym Equipment) - Seated</b></p> <p><b>Secondary Muscles</b> Biceps, Lats, Rear Deltoids</p> <p><b>Starting Position</b> Sit down facing the machine and grasp the handles in front.</p> <p><b>Motion</b> Pull the handles towards you until your elbows form 90 degree angles and let them slowly swing back after a short pause.</p> <p><b>Tips/Caution</b> Try to keep your back straight throughout.</p>
	<p>■ <b>Back   Pulldown - Front; Pronation Grip</b></p> <p><b>Secondary Muscles</b> Biceps, Lats, Rear Deltoids</p> <p><b>Starting Position</b> Sit on the bench and grab the handlebar with both hands, palms facing the structure.</p> <p><b>Motion</b> Pull the handle down until it is in front of your chest and let it slowly swing back after a short pause.</p> <p><b>Tips/Caution</b> Try to keep your back straight throughout.</p>
	<p>■ <b>Back   Hyperextension (Gym Equipment)</b></p> <p><b>Secondary Muscles</b> Buttocks, Lower Back</p> <p><b>Starting Position</b> Sit down on the bench and position your upper body slightly bent forward with your back against the rotating pad.</p> <p><b>Motion</b> Push your upper body backwards as far as you comfortably can and let the structure slowly swing back after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while pushing back and breathe in while returning to starting position.</p>