



Workout Routine Sample

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Gym Workout Routine for Chest

Printed on Apr 27 2010

Workout Routine Snapshot

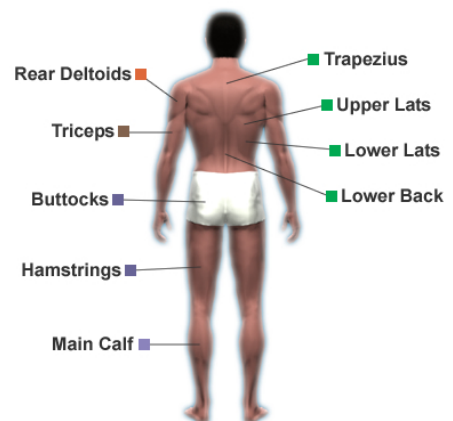
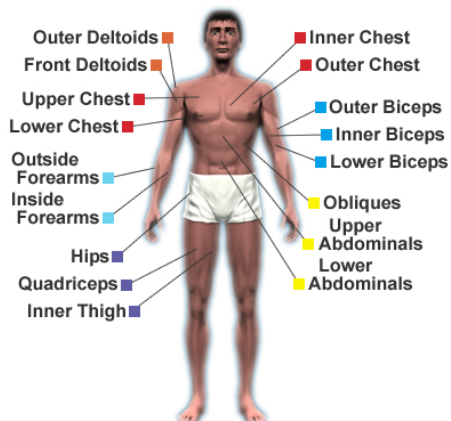
1 Workout Days

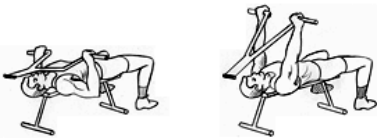
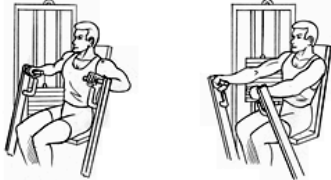
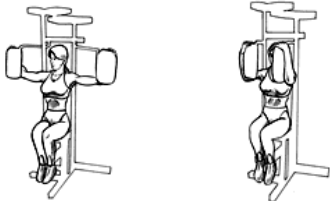

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Chest



	<p>■ Chest Bench Press (Gym Equipment)</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Lie down on your back on the bench and grasp the handles with your hands.</p> <p>Motion Push the handle bars straight up until your elbows are close to being locked and lower them back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the bar and breathe in while lowering it back.</p>
	<p>■ Chest Chest Press (Gym Equipment) - Pronation Grip</p> <p>Secondary Muscles Triceps, Upper Chest</p> <p>Starting Position Sit down on the bench and grab the handles with your hands, palms facing the floor.</p> <p>Motion Push the handles forward until your arms are close to being fully extended and slowly let them swing back after a short pause.</p> <p>Tips/Caution Breathe out while pushing forward and breathe in while letting the handlebars swing back.</p>
	<p>■ Chest Chest Fly (Gym Equipment)</p> <p>Secondary Muscles Outer Chest, Front Deltoids</p> <p>Starting Position Sit down on the bench and position your arms against the arm pads, elbows at 90 degree angles.</p> <p>Motion Push your hands towards each other in front of your chest and let them go back after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Chest Chest Fly (High Pulley)</p> <p>Secondary Muscles Outer Chest, Front Deltoids, Lower Chest</p> <p>Starting Position Stand up in front of the high pulley machine with your back facing it and grab both handles at shoulder height.</p> <p>Motion Pull the handles forward until your hands are in front of your abdomen and allow them to go back after a short pause.</p> <p>Tips/Caution Try to maintain the same angle in your elbows throughout.</p>