



# Workout Routine Sample

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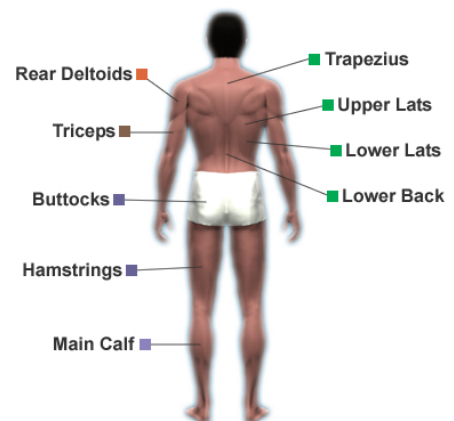
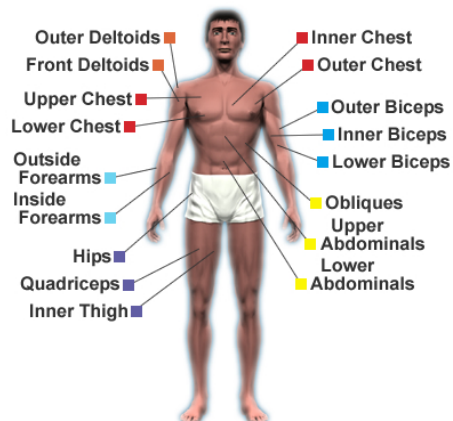
## Total Gym Workout Routine for Arms

Printed on Nov 18 2010

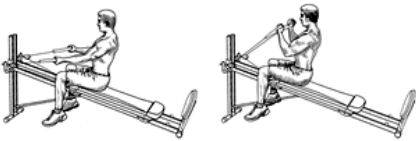

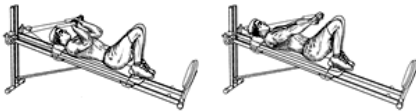
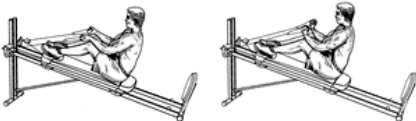
### Workout Routine Snapshot

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

2 ■ Biceps  
1 ■ Forearms  
1 ■ Triceps





	<p>■ <b>Biceps   Biceps Curl (TG)</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Sit on the top end of the glideboard and hold the handles with your arms extended above your knees, palms facing up.</p> <p><b>Motion</b> Slide the glideboard up by pulling the handles towards your shoulders and allow yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your upper arms in the same position throughout.</p>
	<p>■ <b>Biceps   Chin-Up (TG)</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Lie prone on the glideboard and hold the wing attachment with your hands, arms extended and palms facing up.</p> <p><b>Motion</b> Slide the glideboard up by curling your arms and allow yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while pulling yourself up and breathe in while returning to starting position.</p>
	<p>■ <b>Triceps   Triceps Extension (TG)</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Lie on your back on the glideboard, knees bent and hold the handles with your hands above your shoulders, elbows bent and palms facing up.</p> <p><b>Motion</b> Slide the glideboard up by pushing the handles forward towards your knees, straightening your arms and allow yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your upper arms in the same position throughout.</p>
	<p>■ <b>Forearms   Wrist Curl (TG)</b></p> <p><b>Secondary Muscles</b> Inside Forearms</p> <p><b>Starting Position</b> Sit on the glideboard, knees bent and hold the handles with your wrist lying on top of your knees, palms facing up.</p> <p><b>Motion</b> Slide the glideboard up by rotating the handles up and allow yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your upper back and wrists in the same position throughout.</p>