



# Workout Routine Sample

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**FitnessBliss.com**

## Total Gym Workout Routine for Back

Printed on Nov 18 2010

### Workout Routine Snapshot

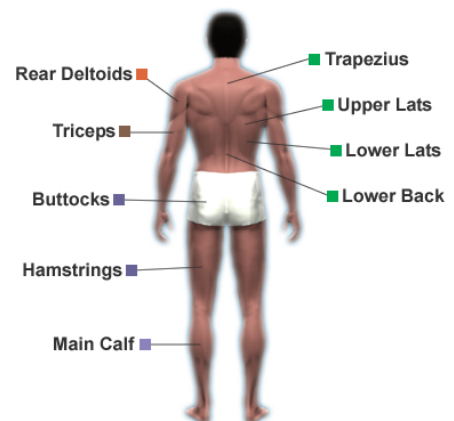
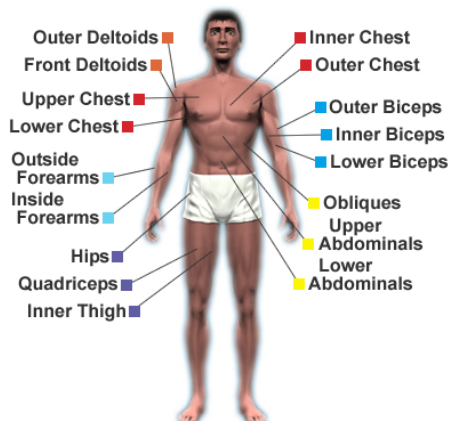
1 Workout Days

4 ■ Back

0 Cardio Exercises








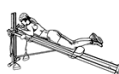
4 Strength Training →

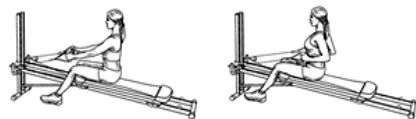
0 Stretching Exercises



# Total Gym Workout Routine for Back - Day 1



Cardio / Strength Training	# of Sets	# of Reps	Progress Log							
■ Back   Row (TG)										
 	3	6								
■ Back   Back Fly (TG)										
 	3	6								
■ Back   Pulldown (TG) - Lateral										
 	3	6								
■ Back   Pull-Up (TG)										
 	3	6								



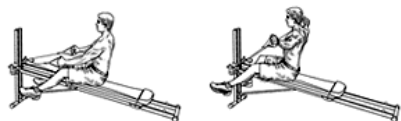
### ■ Back | Row (TG)

**Secondary Muscles** Biceps, Lats, Rear Deltoids

**Starting Position** Sit on the top edge of the glideboard and hold the handles with your hands, arms extended out in front of you.

**Motion** Slide the glideboard up by pulling on the handles towards the sides of your navel and allow yourself back down after a short pause.

**Tips/Caution** Keep your back straight throughout.



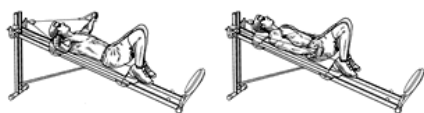
### ■ Back | Back Fly (TG)

**Secondary Muscles** Lower Back, Rear Deltoids, Trapezius

**Starting Position** Sit on the top edge of the glideboard and hold the handles with your hands, arms extended out in front of you.

**Motion** Slide the glideboard up by pulling on the handles towards the sides of your body and allow yourself back down after a short pause.

**Tips/Caution** Keep your arms fully extended throughout (or keep the small bend in your elbows constant).



### ■ Back | Pulldown (TG) - Lateral

**Secondary Muscles** Triceps, Lats

**Starting Position** Lie on your back on the glideboard, knees bent, and hold the handles with your hands, arms extended out to each side of your body.

**Motion** Slide the glideboard up by pulling on the handles towards the sides of your buttocks and allow yourself back down after a short pause.

**Tips/Caution** Keep your arms fully extended throughout (or keep the small bend in your elbows constant).



### ■ Back | Pull-Up (TG)

**Secondary Muscles** Biceps, Lats

**Starting Position** Lie prone on the glideboard and hold the wing attachment with your hands, palms facing down.

**Motion** Slide the glideboard up by curling your elbows until your head is above it and allow yourself back down after a short pause.

**Tips/Caution** Breathe out while raising yourself and breathe in while lowering yourself back.