



Workout Routine Sample

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FitnessBliss.com

Total Gym Workout Routine for Chest

Printed on Nov 18 2010

Workout Routine Snapshot

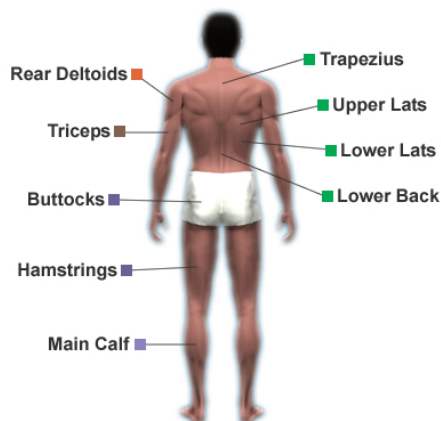
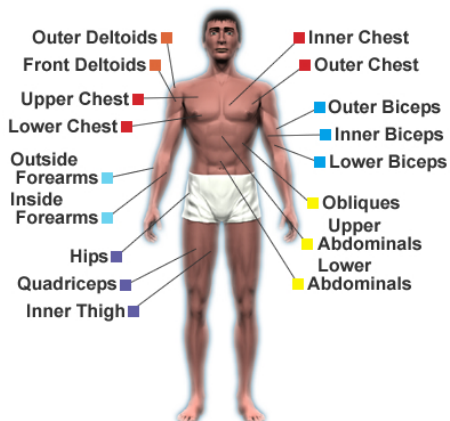
1 Workout Days


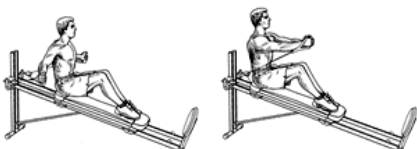

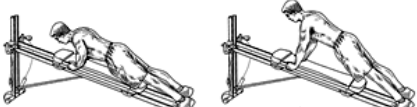
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Chest



	<p>■ Chest Chest Press (TG)</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Sit on the glideboard with your knees bent and hold the handles with your hands on each side of your chest, palms facing down and elbows bent.</p> <p>Motion Slide the glideboard up by pushing on the handles straight forward and allow yourself back down after a short pause.</p> <p>Tips/Caution Keep your forearms parallel to the floor throughout.</p>
	<p>■ Chest Chest Fly (TG)</p> <p>Secondary Muscles Outer Chest, Front Deltoids</p> <p>Starting Position Sit on the glideboard with your knees bent and hold the handles with your hands on each side of your chest, palms facing each other and elbows only slightly bent.</p> <p>Motion Slide the glideboard up by pulling the handles close to each other, arms parallel to the floor other and allow yourself back down after a short pause.</p> <p>Tips/Caution Keep the small bend in your elbows constant throughout.</p>
	<p>■ Chest Pullover (TG)</p> <p>Secondary Muscles Triceps, Lats, Trunk</p> <p>Starting Position Lie on your back on the glideboard, knees bent and hold the handles with your hands, arms extended up in line with your body.</p> <p>Motion Slide the glideboard up by pulling the handles down towards your thighs and allow yourself back down after a short pause.</p> <p>Tips/Caution Keep your arms straight throughout.</p>
	<p>■ Chest Push Up (TG) - Incline</p> <p>Secondary Muscles Triceps, Front Deltoids</p> <p>Starting Position Lie face down with your hands on the glideboard and your feet on the base of the rails, back and legs fully extended and elbows bent.</p> <p>Motion Push yourself up by extending your arms and allow yourself back down after a short pause.</p> <p>Tips/Caution Keep your back and legs fully extended throughout.</p>