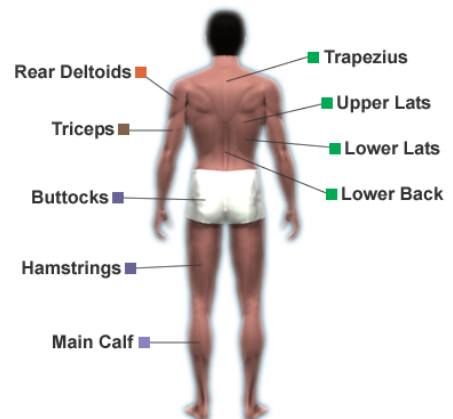
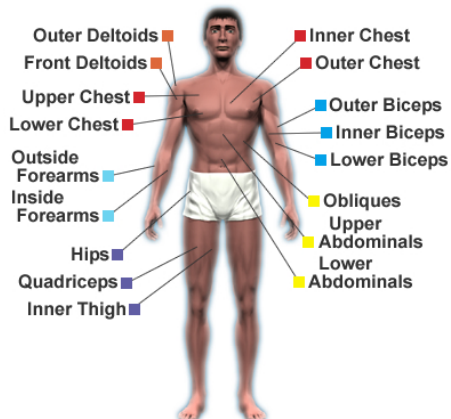


Sample User
 Sample Routine
 Printed on Feb 16 2009

























Workout Routine Snapshot



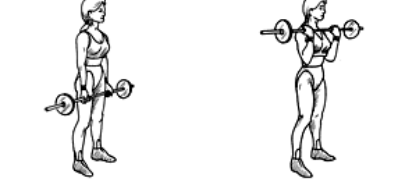
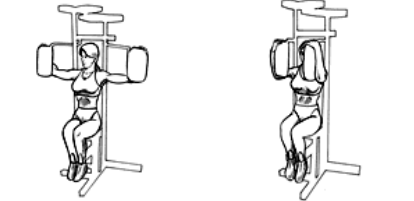
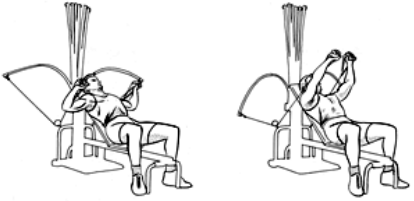
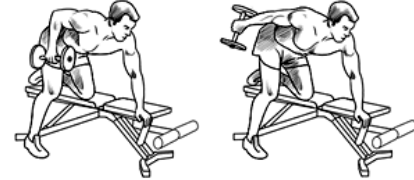

1 Workout Days
 1 Cardio Exercises
 7 Strength Training →
 8 Stretching Exercises

2 ■ Chest
 1 ■ Abs
 1 ■ Back
 1 ■ Biceps
 1 ■ Calves
 1 ■ Triceps



Sample Routine - Day 1

Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Cardio Running on the Treadmill											
		Normal	20.0								
■ Abs Crunch											
		3	8								
■ Back Row (Dumbbells) - on Knee; One-Arm											
		3	8								
■ Biceps Biceps Curl (Barbell) - Standing											
		3	8								
■ Chest Chest Fly (Gym Equipment)											
		3	8								
■ Chest Bench Press (Bow-o)											
		3	8								
■ Triceps Triceps Kickback (Dumbbells)											
		3	8								
■ Calves Calf Raise (Dumbbells) - Standing											
		3	8								
Stretching Exercises											
											

	<p>Abs Crunch</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Lie down on your back, knees bent at 90 degree angles and place your hands behind your ears.</p> <p>Motion Roll your shoulder blades up from the floor until your head is at the same level as your knees and lower yourself back down after a short pause.</p> <p>Tips/Caution To avoid pulling your neck with your hands, look straight up instead of looking at your knees.</p>
	<p>Back Row (Dumbbells) - on Knee; One-Arm</p> <p>Secondary Muscles Biceps, Lats, Rear Deltoids</p> <p>Starting Position Put your left knee and hand on a bench and grab a dumbbell with your right hand.</p> <p>Motion Lift the dumbbell straight up while keeping your back straight and lower it back down after a short pause.</p> <p>Tips/Caution Breathe out while lifting the dumbbells and breathe in while returning to starting position.</p>
	<p>Biceps Biceps Curl (Barbell) - Standing</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand up and hold the barbell with your hands, palms facing forward in a medium-grip position.</p> <p>Motion Raise the barbell up towards your shoulders and slowly lower it back down after a short pause.</p> <p>Tips/Caution Keep your back and upper arms still throughout.</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 Bench Press (Bow-o)</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Sit on the 45 degree bench position and grasp the handles with your palms facing forward.</p> <p>Motion Push the handles forward by straightening your arms and allow them to slowly return after a short pause.</p> <p>Tips/Caution Breathe out while pushing forward and breathe in while returning to starting position.</p>
	<p>Triceps Triceps Kickback (Dumbbells)</p> <p>Secondary Muscles Forearms</p> <p>Starting Position Put your knee and hand on a bench and grab a dumbbell with your other hand, palm facing your body, upper arm parallel to your body.</p> <p>Motion Raise the dumbbell back by straightening your arm and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your upper arm still throughout.</p>
	<p>Calves Calf Raise (Dumbbells) - Standing</p> <p>Secondary Muscles Calves</p> <p>Starting Position Stand up and hold one dumbbell with each hand against the sides of your body, palms facing each other.</p> <p>Motion Lift your heels from the ground by standing on your toes and lower yourself back down after a short pause.</p> <p>Tips/Caution Make sure that only the calf muscles are exercising.</p>