Sample User
Sample Routine
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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

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

### Stretching Exercises
Abs | Crunch
Secondary Muscles: Upper Abdominals
Starting Position: Lie down on your back, knees bent at 90 degree angles and place your hands behind your ears.
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.
Tips/Caution: To avoid pulling your neck with your hands, look straight up instead of looking at your knees.

Back | Row (Dumbbells) - on Knee; One-Arm
Secondary Muscles: Biceps, Lats, Rear Deltoids
Starting Position: Put your left knee and hand on a bench and grab a dumbbell with your right hand.
Motion: Lift the dumbbell straight up while keeping your back straight and lower it back down after a short pause.
Tips/Caution: Breathe out while lifting the dumbbells and breathe in while returning to starting position.

Biceps | Biceps Curl (Barbell) - Standing
Secondary Muscles: Inside Forearms
Starting Position: Stand up and hold the barbell with your hands, palms facing forward in a medium-grip position.
Motion: Raise the barbell up towards your shoulders and slowly lower it back down after a short pause.
Tips/Caution: Keep your back and upper arms still throughout.

Chest | Chest Fly (Gym Equipment)
Secondary Muscles: Outer Chest, Front Deltoids
Starting Position: Sit down on the bench and position your arms against the arm pads, elbows at 90 degree angles.
Motion: Push your hands towards each other in front of your chest and let them go back after a short pause.
Tips/Caution: Keep your back straight throughout.

Chest | Bench Press (Bow-o)
Secondary Muscles: Triceps
Starting Position: Sit on the 45 degree bench position and grasp the handles with your palms facing forward.
Motion: Push the handles forward by straightening your arms and allow them to slowly return after a short pause.
Tips/Caution: Breathe out while pushing forward and breathe in while returning to starting position.

Triceps | Triceps Kickback (Dumbbells)
Secondary Muscles: Forearms
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.
Motion: Raise the dumbbell back by straightening your arm and allow it to slowly return after a short pause.
Tips/Caution: Keep your upper arm still throughout.

Calves | Calf Raise (Dumbbells) - Standing
Secondary Muscles: Calves
Starting Position: Stand up and hold one dumbbell with each hand against the sides of your body, palms facing each other.
Motion: Lift your heels from the ground by standing on your toes and lower yourself back down after a short pause.
Tips/Caution: Make sure that only the calf muscles are exercising.