



Workout Routine Sample

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FitnessBliss.com

Workout Routine - Stretch Bands - Strong Back

Printed on Jul 19 2011

Workout Routine Snapshot

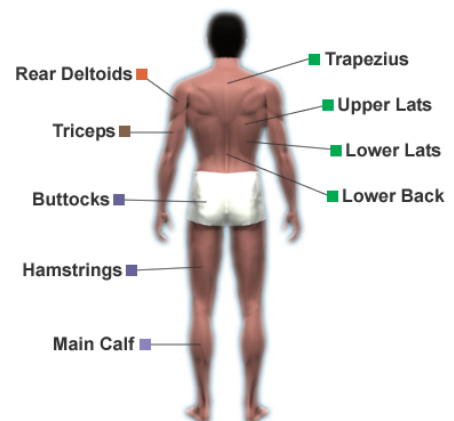
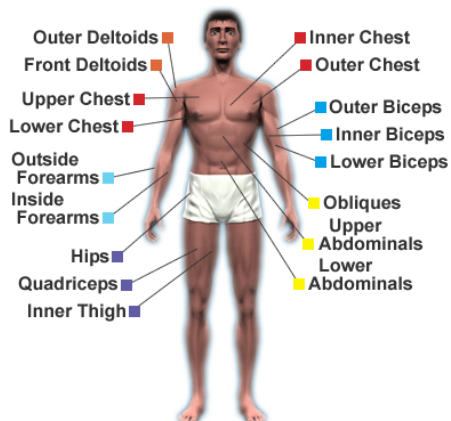
1 Workout Days


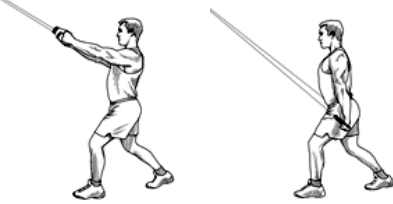

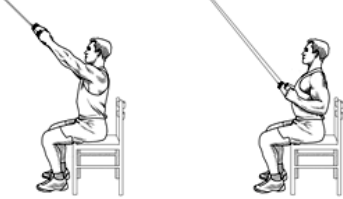
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Back



	<p>■ Back Row (Band) - Seated</p> <p>Secondary Muscles Biceps, Lats, Rear Deltoids</p> <p>Starting Position Secure the tubing low, sit down with your legs extended and grab both handles on top of your knees, arms extended and palms facing each other.</p> <p>Motion Pull the handles back towards your abdomen and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your back straight and still throughout.</p>
	<p>■ Back Pulldown (Band) - Arms Extended</p> <p>Secondary Muscles Biceps, Lower Lats, Rear Deltoids</p> <p>Starting Position Secure the tubing high, stand up and grab both handles with your hands in front of your head, arms extended and palms facing each other.</p> <p>Motion Pull the handles down towards each sides of your body and allow them to slowly return after a short pause.</p> <p>Tips/Caution Breathe out while pulling and breathe in while returning to starting position.</p>
	<p>■ Back Back Fly (Band) - Bent-Over</p> <p>Secondary Muscles Lower Back, Upper Back, Rear Deltoids, Trapezius</p> <p>Starting Position Secure the tubing beneath your feet, stand up with your body tilted forward and grab both handles with your hands, arms extended in front of your knees, palms facing each other.</p> <p>Motion Pull the handles out and up on each sides of your body and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your back and arms straight throughout.</p>
	<p>■ Back Row (Band) - Seated; High</p> <p>Secondary Muscles Biceps, Lower Lats, Rear Deltoids</p> <p>Starting Position Secure the tubing high, sit down and grab both handles high in front of your head, arms extended and palms facing each other.</p> <p>Motion Pull the handles back towards your abdomen and allow them to slowly return after a short pause.</p> <p>Tips/Caution Keep your back straight and still throughout.</p>