Workout Routine - Barbell - Full Body
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Workout Routine Snapshot

1 Workout Days
0 Cardio Exercises
7 Strength Training
0 Stretching Exercises

1 Abs
1 Back
1 Biceps
1 Chest
1 Shoulders
1 Thighs
1 Triceps
## Workout Routine - Barbell - Full Body - 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>▶️ Abs</td>
<td>Side Bend (Barbell)</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>▶️ Back</td>
<td>Row (Barbell) - Bent-Over; Wide-Grip</td>
<td>3</td>
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<tr>
<td>▶️ Chest</td>
<td>Bench Press</td>
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<tr>
<td>▶️ Shoulders</td>
<td>Upright Row (Barbell)</td>
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<td>6</td>
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<tr>
<td>▶️ Thighs</td>
<td>Squat</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>▶️ Biceps</td>
<td>Biceps Curl (Barbell) - Standing</td>
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<tr>
<td>▶️ Triceps</td>
<td>Triceps Extension (Barbell) - Seated</td>
<td>3</td>
<td>6</td>
</tr>
</tbody>
</table>
| Abs | Side Bend (Barbell)  
**Secondary Muscles** | Obliques  
**Starting Position** | Stand up, place a barbell behind your neck and hold it with both hands in a wide grip position.  
**Motion** | Lean your upper body sideways and bring it back after a short pause. Alternate sides.  
**Tips/Caution** | Try to keep your back straight throughout. |
|---|---|---|---|---|---|---|---|
| Back | Row (Barbell) - Bent-Over; Wide-Grip  
**Secondary Muscles** | Biceps, Lower Lats, Lower Back, Rear Deltoids  
**Starting Position** | Stand up and reach down in order to hold a barbell with both hands (knees slightly bent).  
**Motion** | Lift the barbell straight up without moving your back, knees or hips and lower it back after a short pause.  
**Tips/Caution** | Try to keep your back straight throughout. Only the arms should move. |
| Chest | Bench Press  
**Secondary Muscles** | Triceps  
**Starting Position** | Lie down on your back on the bench and grasp the barbell with both hands in a medium-grip position.  
**Motion** | Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause.  
**Tips/Caution** | Breathe out while pushing the bar and breathe in while lowering it back. |
| Shoulders | Upright Row (Barbell)  
**Secondary Muscles** | Front Deltoids, Outer Deltoids, Trapezius  
**Starting Position** | Stand up and hold the barbell with your hands in front of your thighs, hands at a medium-grip position, palms facing backwards.  
**Motion** | Raise the barbell until it reaches the top of your chest and lower it back down slowly after a short pause.  
**Tips/Caution** | Be careful not to jerk your back in an effort to help you raise the barbell. |
| Thighs | Squat  
**Secondary Muscles** | Buttocks, Quadriceps  
**Starting Position** | Place a barbell on top of your shoulders behind your neck and crouch down until your thighs are parallel to the ground.  
**Motion** | Push up with your legs and buttocks to stand up and slowly bring yourself back down after a short pause.  
**Tips/Caution** | Keep your back straight throughout. |
| 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. |
| Triceps | Triceps Extension (Barbell) - Seated  
**Secondary Muscles** | Inside Forearms  
**Starting Position** | Sit on one end of the bench and hold a barbell behind your head, upper arms pointing up, elbows at 90 degree angles.  
**Motion** | Raise the barbell by straightening your arms and slowly lower it back after a short pause.  
**Tips/Caution** | Keep your upper arms still throughout. |