



# Workout Routine Sample

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## Workout Routine - Swiss Ball - Hot Abs

Printed on Jun 21 2011

### Workout Routine Snapshot

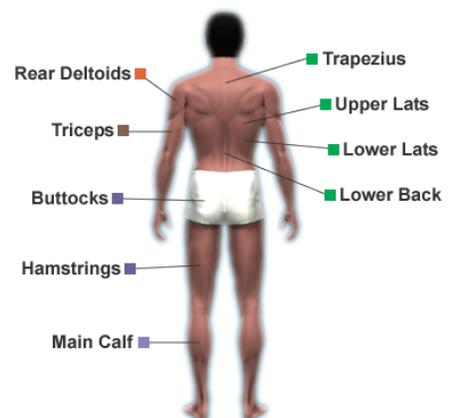
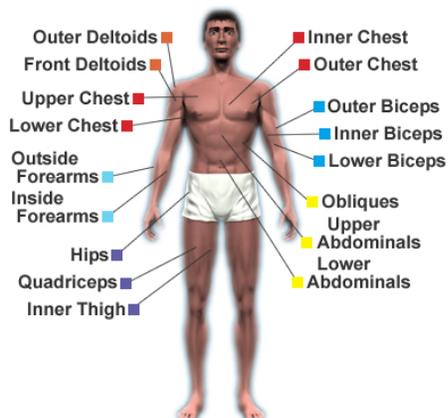
1 Workout Days

4 ■ Abs

0 Cardio Exercises

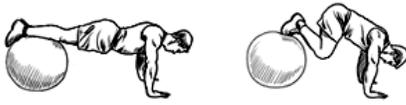
4 Strength Training →

0 Stretching Exercises



# Workout Routine - Swiss Ball - Hot Abs - Day 1

Cardio / Strength Training	# of Sets	# of Reps	Progress Log								
■ Abs   Crunch (Ball)											
 	2	25									
■ Abs   Crunch (Ball) - Legs Elevated											
 	2	25									
■ Abs   Sit-Up (Ball) - Jackknife											
 	2	25									
■ Abs   Bridge T Fall-Off (Ball)											
 	2	25									

	<p>■ <b>Abs   Crunch (Ball)</b></p> <p><b>Secondary Muscles</b> Upper Abdominals</p> <p><b>Starting Position</b> Lie on your lower back on the ball and place your hands behind your ears.</p> <p><b>Motion</b> Roll your shoulder blades up and lower yourself back down after a short pause.</p> <p><b>Tips/Caution</b> To avoid straining your neck, look straight up instead of looking at your knees.</p>
	<p>■ <b>Abs   Crunch (Ball) - Legs Elevated</b></p> <p><b>Secondary Muscles</b> Upper Abdominals</p> <p><b>Starting Position</b> Lie on your back, calves on top of the ball and arms across your chest.</p> <p><b>Motion</b> Roll your shoulder blades up and lower yourself back down after a short pause.</p> <p><b>Tips/Caution</b> To avoid straining your neck, look straight up instead of looking at your knees.</p>
	<p>■ <b>Abs   Sit-Up (Ball) - Jackknife</b></p> <p><b>Secondary Muscles</b> Hips, Upper Abdominals, Lower Abdominals</p> <p><b>Starting Position</b> Place your ankles on top of the ball, legs extended, chest facing the floor and extend your arms to lift you from the floor.</p> <p><b>Motion</b> Keeping your weight on your extended arms, roll the ball in by bending your knees and hips and extend your legs back after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while rolling the ball in and breathe in while returning to starting position.</p>
	<p>■ <b>Abs   Bridge T Fall-Off (Ball)</b></p> <p><b>Secondary Muscles</b> Obliques</p> <p><b>Starting Position</b> Lie on your shoulder blades on top of the ball, knees at 90 degree angles, back straight and extend your arms out to keep balance.</p> <p><b>Motion</b> Roll off the ball slightly to one side and return back after a short pause. Alternate sides between each repetitions.</p> <p><b>Tips/Caution</b> Keep your back straight throughout.</p>