



Workout Routine Sample

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Workout Routine - Stretch Bands - Hot Abs

Printed on Jul 19 2011

Workout Routine Snapshot

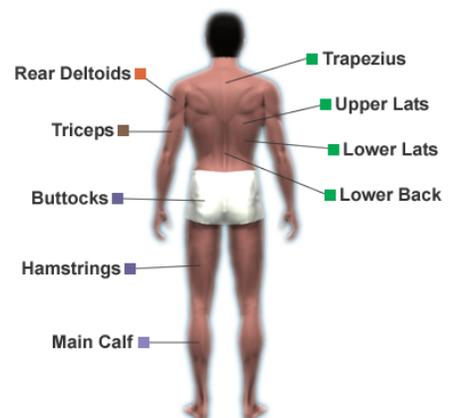
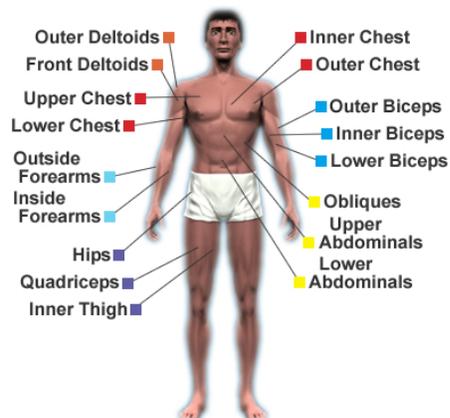
1 Workout Days

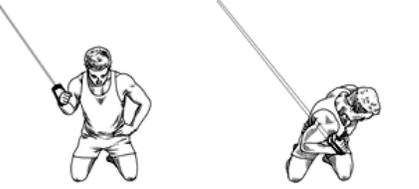
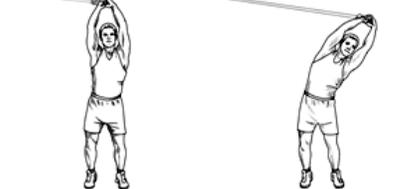
4 ■ Abs

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises



	<p>■ Abs Crunch (Band)</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Secure the tubing low, lie down on your back and hold the handles with your arms extended above your knees, palms facing down.</p> <p>Motion Roll your shoulder plates from up the floor while stretching the tubing and slowly lower yourself back down after a short pause.</p> <p>Tips/Caution Keep your arms extended throughout.</p>
	<p>■ Abs Twisting Crunch (Band) - Kneeling</p> <p>Secondary Muscles Obliques</p> <p>Starting Position Secure the tubing high, kneel down on the floor and hold one handle with your hand near its shoulder, elbow bent.</p> <p>Motion Tilt your upper body forward and rotate it while stretching the tubing towards your other side's knee and slowly raise yourself back up after a short pause.</p> <p>Tips/Caution Keep the angle in your elbow constant throughout.</p>
	<p>■ Abs Trunk Rotation (Band)</p> <p>Secondary Muscles Trunk, Obliques</p> <p>Starting Position Secure the tubing at medium height, stand up and grab both handles with your hands in front of your abdomen, elbows at 90 degree angles.</p> <p>Motion Rotate your upper body towards your left and slowly return to your starting position before going to the right side and returning.</p> <p>Tips/Caution Keep the angles in your elbows constant throughout.</p>
	<p>■ Abs Side Bend (Band)</p> <p>Secondary Muscles Obliques</p> <p>Starting Position Secure the tubing high, stand up sideways and grab both handles with your hands, arms extended up on top of your head.</p> <p>Motion Tilt your upper body to your left and slowly bringing it back after going to your right side and then returning to your starting position.</p> <p>Tips/Caution Keep your arms extended ou above your head throughout.</p>