



Workout Routine Sample

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Workout Routine - Barbell - Hot Abs

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Workout Routine Snapshot

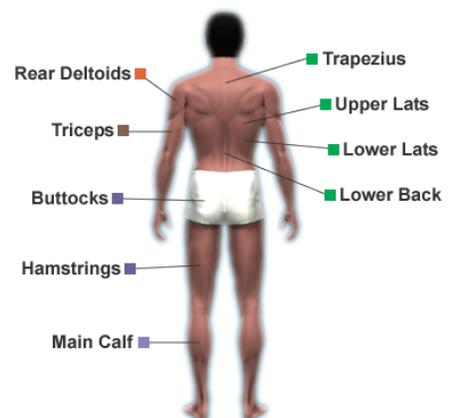
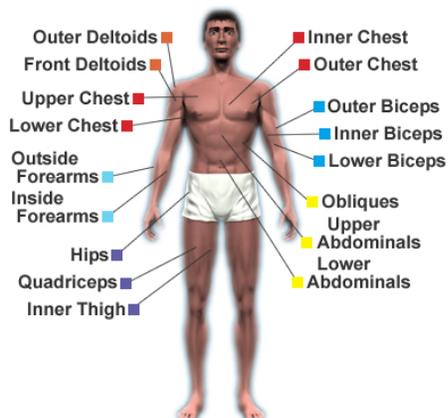
1 Workout Days

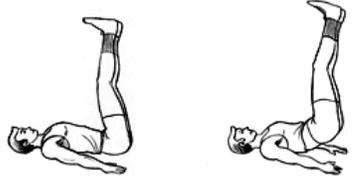
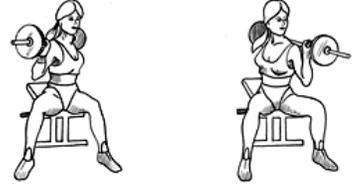
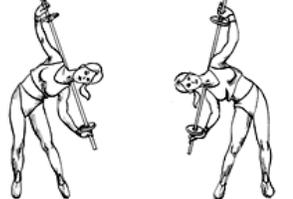
4 ■ Abs

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises



	<p>■ Abs Crunch</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Lie down on your back, knees bent at 90 degree angles and place your hands behind your ears.</p> <p>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.</p> <p>Tips/Caution To avoid pulling your neck with your hands, look straight up instead of looking at your knees.</p>
	<p>■ Abs Reverse Crunch - Legs Vertical</p> <p>Secondary Muscles Lower Abdominals</p> <p>Starting Position Lie down on your back, legs up and perpendicular to the floor and place your hands flat on the floor.</p> <p>Motion Contract your abs in order to lift your buttocks from the floor and lower yourself back after a short pause.</p> <p>Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.</p>
	<p>■ Abs Trunk Rotation (Barbell)</p> <p>Secondary Muscles Trunk, Obliques</p> <p>Starting Position Sit on a bench and place a barbell behind your neck, holding it with both hands in a wide grip position.</p> <p>Motion Rotate your upper body from one side to the other with short pauses between rotations.</p> <p>Tips/Caution Try to keep your back straight throughout.</p>
	<p>■ Abs Side Bend (Barbell)</p> <p>Secondary Muscles Obliques</p> <p>Starting Position Stand up, place a barbell behind your neck and hold it with both hands in a wide grip position.</p> <p>Motion Lean your upper body sideways and bring it back after a short pause. Alternate sides.</p> <p>Tips/Caution Try to keep your back straight throughout.</p>