Workout Routine - Dumbbells - Hot Abs
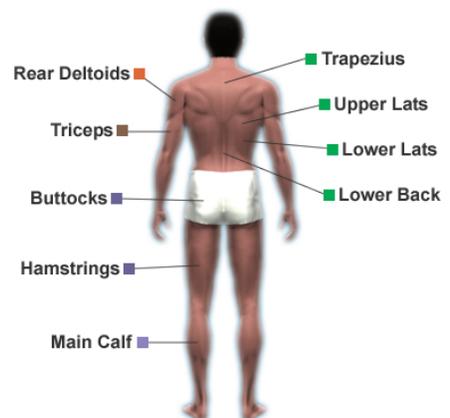
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Workout Routine Snapshot

1 Workout Days

0 Cardio Exercises

4 Strength Training   →

0 Stretching Exercises

4 ■ Abs

Outer Deltoids
Front Deltoids
Upper Chest
Lower Chest
Outside Forearms
Inside Forearms
Hips
Quadriceps
Inner Thigh
Inner Chest
Outer Chest
Outer Biceps
Inner Biceps
Lower Biceps
Obliques
Upper Abdominals
Lower Abdominals

Rear Deltoids
Triceps
Buttocks
Hamstrings
Main Calf
Trapezius
Upper Lats
Lower Lats
Lower Back

Workout Routine - Dumbbells - Hot Abs - Day 1

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Cardio / Strength Training	# of Sets	# of Reps	Progress Log							
■ Abs | Crunch - Weighted										
	2	50								
■ Abs | Twisting Crunch - Legs Crossed										
	2	50								
■ Abs | Leg Raise - Weighted										
	2	50								
■ Abs | Side Bend (Dumbbells)										
	2	50								

■ **Abs | Crunch - Weighted**

Secondary Muscles Upper Abdominals

Starting Position Lie down on your back on a bench and hold a dumbbell on top of your chest.

Motion Roll your shoulder blades up from the bench and lower yourself back down after a short pause.

Tips/Caution To avoid pulling with your neck, look straight up instead of looking at your knees.

■ **Abs | Twisting Crunch - Legs Crossed**

Secondary Muscles Obliques

Starting Position Lie down on your back, knees at 90 degree angles, one thigh on top of the other and place your hands behind your ears.

Motion Rotate your upper body up to one side so that one elbow is in the air and lower yourself back down after a short pause. Alternate sides after your set is completed.

Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.
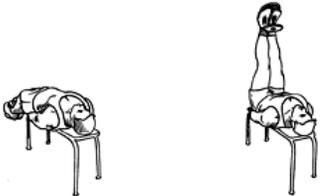
■ **Abs | Leg Raise - Weighted**

Secondary Muscles Hips, Quadriceps, Lower Abdominals

Starting Position Lie down on your back on the bench, hands gripping the sides of it and hold a dumbbell between your feet.

Motion Raise your legs up until they are perpendicular to the floor and lower them back after a short pause.

Tips/Caution Keep your legs extended throughout.
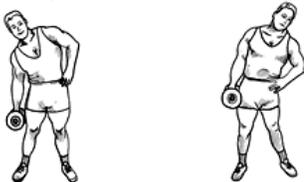
■ **Abs | Side Bend (Dumbbells)**

Secondary Muscles Obliques

Starting Position Stand up and hold a dumbbell with one hand along the side of your body.

Motion Lean your upper body to the side that holds the dumbbell and bring it back after a short pause. Complete your set and change sides.

Tips/Caution Try to keep your back straight throughout.