



Workout Routine Sample

Create, Print, Track and Chart

your own at:

FitnessBliss.com

Workout Routine - Gym - Hot Abs

Printed on Jun 07 2011

Workout Routine Snapshot

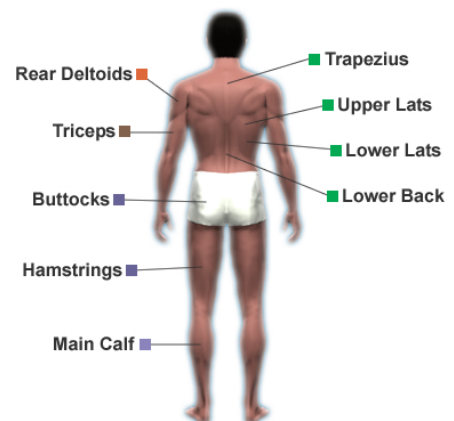
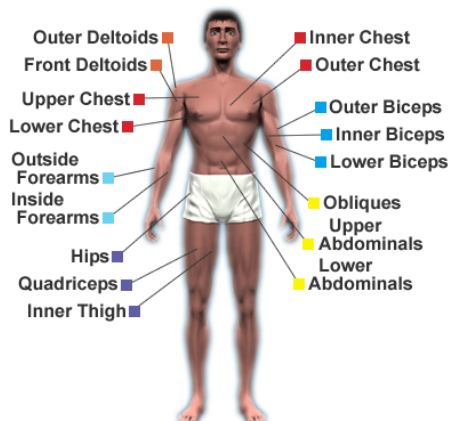
1 Workout Days

4 ■ Abs

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises





■ Abs | Crunch (Gym Equipment A)

Secondary Muscles Upper Abdominals

Starting Position Sit down on the machine's bench and hold the pad with both hands in front of your chest.

Motion Tilt your upper body forward and let it slowly swing back after a short pause.

Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.



■ Abs | Sit-Up - Inclined; Feet Attached

Secondary Muscles Hips, Upper Abdominals

Starting Position Lie down on the bench, knees at 90 degree angles, feet stabilized by the foot pads and place your hands behind your ears.

Motion Roll your upper body up until your elbows touch your knees (or close to it) and lower yourself back down after a short pause.

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



■ Abs | Reverse Crunch - Inclined

Secondary Muscles Lower Abdominals

Starting Position Lie down on the bench, legs up, knees at 90 degree angles and hold the bench with your hands close to your head.

Motion Contract your abs in order to lift your buttocks from the bench and lower yourself back after a short pause.

Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.



■ Abs | Leg Raise (Dip Stand) - Side

Secondary Muscles Hips, Obliques

Starting Position Climb up onto the structure by positioning your arms against the arm pads, elbows locked at 90 degree angles.

Motion Raise your knees to one side until your thighs are parallel to the ground and lower them back after a short pause.

Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.