



Workout Routine Sample

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Ball Workout Routine for Abs

Printed on Apr 27 2010

Workout Routine Snapshot

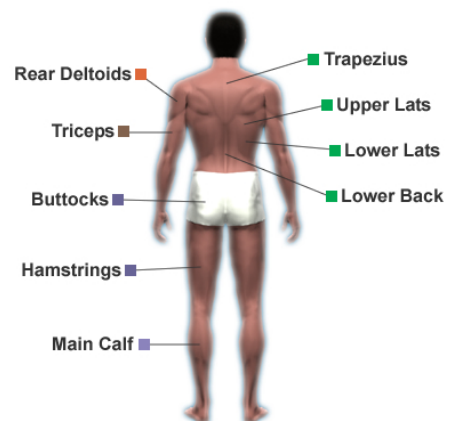
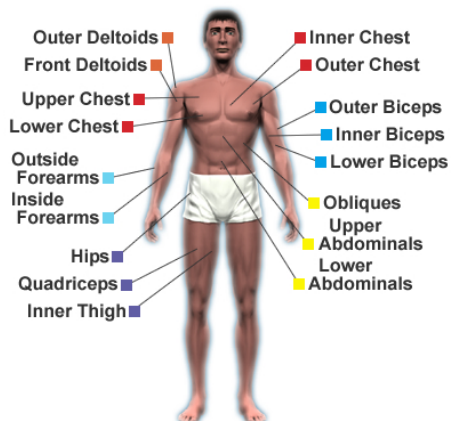
1 Workout Days



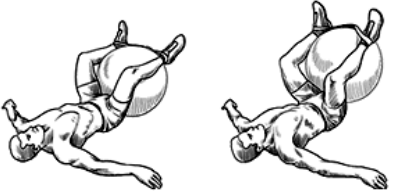

4 ■ Abs

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises



	<p>■ Abs Crunch (Ball)</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Lie on your lower back on the ball and place your hands behind your ears.</p> <p>Motion Roll your shoulder blades up and lower yourself back down after a short pause.</p> <p>Tips/Caution To avoid straining your neck, look straight up instead of looking at your knees.</p>
	<p>■ Abs Crunch (Ball) - Legs Elevated</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Lie on your back, calves on top of the ball and arms across your chest.</p> <p>Motion Roll your shoulder blades up and lower yourself back down after a short pause.</p> <p>Tips/Caution To avoid straining your neck, look straight up instead of looking at your knees.</p>
	<p>■ Abs Reverse Crunch (Ball)</p> <p>Secondary Muscles Lower Abdominals</p> <p>Starting Position Lie on your back, calves and hamstrings pressed against the ball and arms spread out.</p> <p>Motion Squeeze the ball with your legs and roll your knees towards your chest then roll back down after a short pause.</p> <p>Tips/Caution To avoid straining your neck, look straight up instead of looking at your knees.</p>
	<p>■ Abs Sit-Up (Ball)</p> <p>Secondary Muscles Hips, Upper Abdominals</p> <p>Starting Position Lie on your lower back on the ball and place your hands behind your ears.</p> <p>Motion Raise your upper body up from the ball and lower it back down after a short pause.</p> <p>Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.</p>