

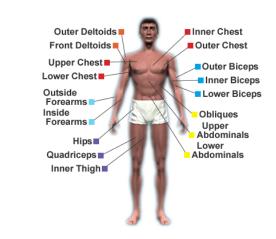
## Band Workout Routine for Abs Printed on Sep 21 2010

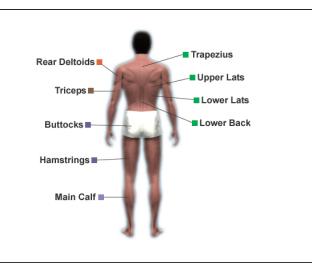
## Workout Routine Snapshot

1 Workout Days

4 Abs

- 0 Cardio Exercises
- 4 Strength Training
- 0 Stretching Exercises





Band Workout Routine for Abs - Day 1										55.com	
Cardio / Strength Training	# of Sets	# of Reps	Progress	Log							
Abs   Crunch (Band)											
	3	6									
Abs   Twisting Crunch (Band) - Kneeling											
	3	6									
Abs   Trunk Rotation (Band)											
A A	3	6									
Abs   Side Bend (Band)											
	3	6									

Detailed Strength	Training Exercise I	nformation	FitnessBliss.com   Copyright, Blisslogik Inc.						
		Abs   Crunch (Band)							
		Secondary Muscles Upper Abdominals							
	A TO THE REAL PROPERTY OF THE PARTY OF THE 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.						
		Motion	Roll your shoulder plates from up the floor while stretching the tubing and slowly lower yourself back down after a short pause.						
		Tips/Caution	Keep your arms extended throughout.						
		Abs   Twisting Crunch (Band) - Kneeling							
		Secondary Muscles	Obliques						
		Starting Position	Secure the tubing high, kneel down on the floor and hold one handle with your hand near its shoulder, elbow bent.						
		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.						
		Tips/Caution	Keep the angle in your elbow constant throughout.						
		Abs   Trunk Rotation (Band)							
	NG.	Secondary Muscles	Trunk, Obliques						
		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.						
		Motion	Rotate your upper body towards your left and slowly return to your starting position before going to the right side and returning.						
		Tips/Caution	Keep the angles in your elbows constant throughout.						
		Abs   Side Bend (Band)							
		Secondary Muscles	Obliques						
		Starting Position	Secure the tubing high, stand up sideways and grab both handles with your hands, arms extended up on top of your head.						
		Motion	Tilt your upper body to your left and slowly bringing it back after going to your right side and then returing to your starting position.						
		Tips/Caution	Keep your arms extended ou above your head throughout.						