



# Workout Routine Sample

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## Barbell Workout Routine for Abs

Printed on Apr 27 2010

### Workout Routine Snapshot

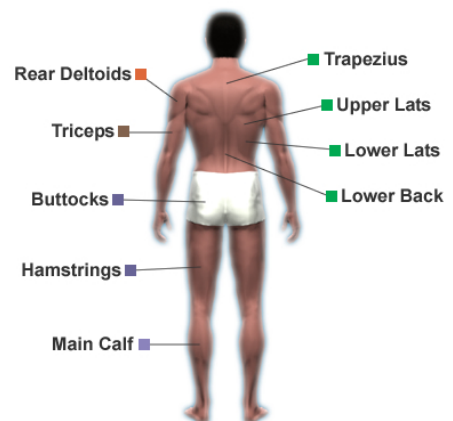
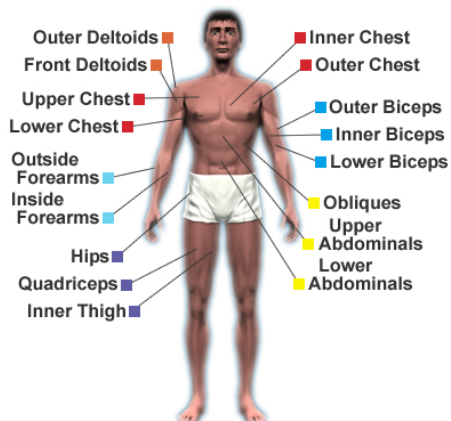
1 Workout Days

4 ■ Abs



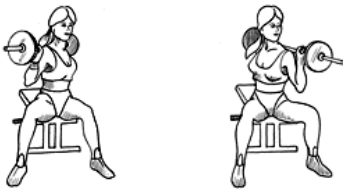
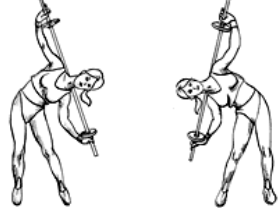
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises





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