



Workout Routine Sample

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FitnessBliss.com

Bowflex Workout Routine for Abs

Printed on Apr 27 2010

Workout Routine Snapshot

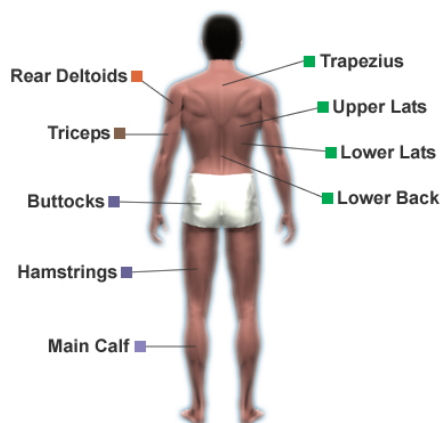
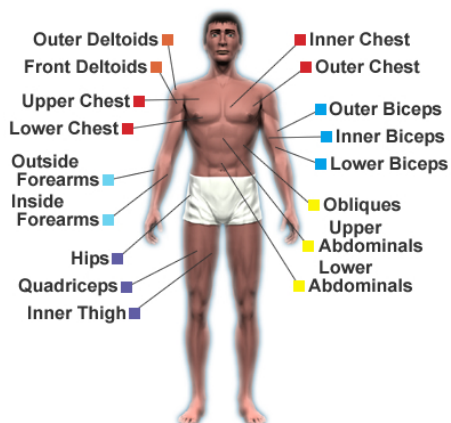
1 Workout Days

4 ■ Abs

0 Cardio Exercises

4 Strength Training →

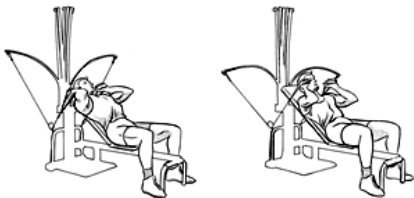
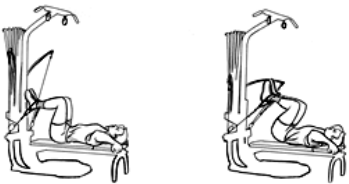
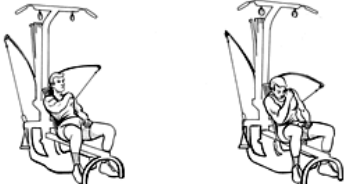
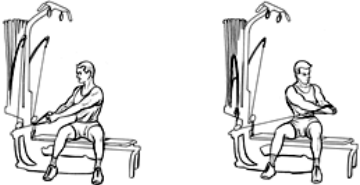
0 Stretching Exercises



Bowflex Workout Routine for Abs - Day 1



Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Abs Crunch (Bow-o) - Resisted											
		3	6								
■ Abs Reverse Crunch (Bow-o) - Resisted											
		3	6								
■ Abs Twisting Crunch (Bow-o) - Resisted											
		3	6								
■ Abs Trunk Rotation (Bow-o)											
		3	6								

	■ Abs Crunch (Bow-o) - Resisted Secondary Muscles Upper Abdominals Starting Position Sit on the 45 degree bench position and grasp both handles over your shoulders. Motion Tighten your abs to lean your upper body forward and slowly return back after a short pause. Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.
	■ Abs Reverse Crunch (Bow-o) - Resisted Secondary Muscles Lower Abdominals Starting Position Lie on your back on the flat bench, grip the bench with your hands, raise your thighs, bend your knees and attach your ankles to the ankle cuffs. Motion Pull the handles towards you with your legs by tightening your abs and allow them to slowly return after a short pause. Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.
	■ Abs Twisting Crunch (Bow-o) - Resisted Secondary Muscles Obliques Starting Position Sit on the 45 degree bench position and grasp the left handle with your right hand over your left shoulder. Motion Tighten your abs and move in a diagonal direction so that your left shoulder gets closer to your right thigh and slowly return back after a short pause. Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.
	■ Abs Trunk Rotation (Bow-o) Secondary Muscles Trunk, Obliques Starting Position Sit sideways on the bench and grasp the handle closest to you with both hands, arms extended. Motion Rotate your upper body away from the structure and allow it to slowly swing back after a short pause. Tips/Caution Breathe out while rotating away and breathe in while returning to starting position.