

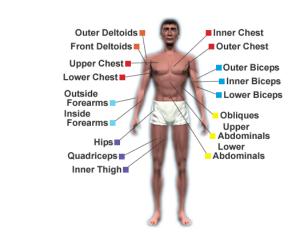
Dumbbell Workout Routine for Abs Printed on Apr 27 2010

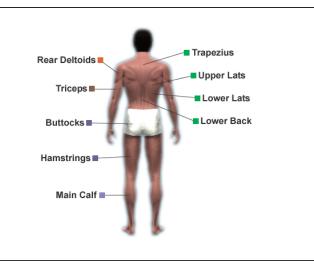
Workout Routine Snapshot

1 Workout Days

4 Abs

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





Dumbbell Workout Routine for Abs - Day 1												
Cardio / Strength Training		# of Sets	# of Reps	Progress Log								
Abs Crunch - Weighted												
		3	6									
Abs Crunch - Arms Extended												
		3	6									
Abs Twisting Crunch												
W.A.		3	6									
Abs Side Bend (Dumbbells)												
		3	6									

Detailed Strength T	raining Exercise I	nformation	FitnessBliss.com Copyright, Blisslogik Inc.					
		Abs Crunch - Weighted						
		Secondary Muscles	Upper Abdominals					
		Starting Position	Lie down on your back on a bench and hold a dumbbell on top of your chest.					
		Motion	Roll your shoulder blades up from the bench and lower yourself back down after a short pause.					
	40-	Tips/Caution	To avoid pulling with your neck, look straight up instead of looking at your knees.					
		Abs Crunch - Arms	s Extended					
		Secondary Muscles	Upper Abdominals					
		Starting Position	Lie down on your back, knees bent at 90 degree angles and extend your arms until they are parallel to your thighs.					
		Motion	Roll your shoulder blades up from the floor until your hands reach above your knees and lower yourself back down after a short pause.					
		Tips/Caution	To avoid pulling with your neck, look straight up instead of looking at your knees.					
		Abs Twisting Crunch						
		Secondary Muscles	Obliques					
		Starting Position	Lie down on your back, knees bent at 90 degree angles and place your hands behind your ears.					
		Motion	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.					
		Tips/Caution	Breathe out while contracting your ab muscles and breathe in while returning to starting position.					
		Abs Side Bend (Du	ımbbells)					
		Secondary Muscles	Obliques					
		Starting Position	Stand up and hold a dumbbell with one hand along the side of your body.					
		Motion	Lean your upper body to the side that holds the dumbbell and bring it back after a short pause. Complete your set and change sides.					
		Tips/Caution	Try to keep your back straight throughout.					