



# Workout Routine Sample

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## Gym Workout Routine for Abs

Printed on Apr 27 2010

### Workout Routine Snapshot

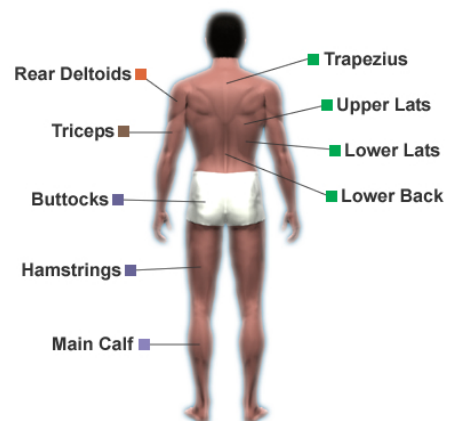
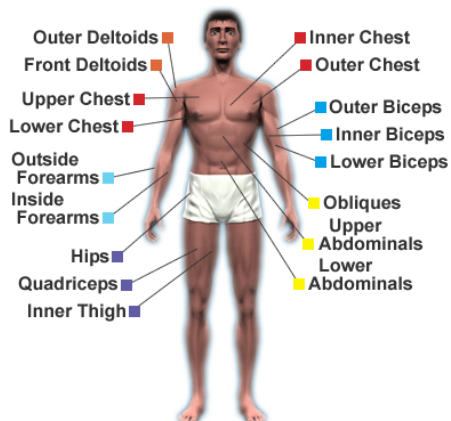
1 Workout Days

4 ■ Abs

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises







### ■ Abs | Crunch (Gym Equipment A)

**Secondary Muscles** Upper Abdominals

**Starting Position** Sit down on the machine's bench and hold the pad with both hands in front of your chest.

**Motion** Tilt your upper body forward and let it slowly swing back after a short pause.

**Tips/Caution** Breathe out while contracting your ab muscles and breathe in while returning to starting position.



### ■ Abs | Crunch (Gym Equipment B)

**Secondary Muscles** Upper Abdominals

**Starting Position** Sit down on the machine's bench and grip the handles with your hands.

**Motion** Tilt your upper body forward and let it slowly swing back after a short pause.

**Tips/Caution** Breathe out while contracting your ab muscles and breathe in while returning to starting position.



### ■ Abs | Leg Raise (Dip Stand) - Side

**Secondary Muscles** Hips, Obliques

**Starting Position** Climb up onto the structure by positioning your arms against the arm pads, elbows locked at 90 degree angles.

**Motion** Raise your knees to one side until your thighs are parallel to the ground and lower them 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 (Gym Equipment)

**Secondary Muscles** Trunk, Obliques

**Starting Position** Sit down on the machine, place your arms on top of the arm pads of the pivoting structure in front of you.

**Motion** Rotate your trunk to one side and let it slowly swing back after a short pause. Alternate sides.

**Tips/Caution** Try to keep your back straight throughout.