



Workout Routine Sample

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Total Gym Workout Routine for Abs

Printed on Nov 18 2010

Workout Routine Snapshot

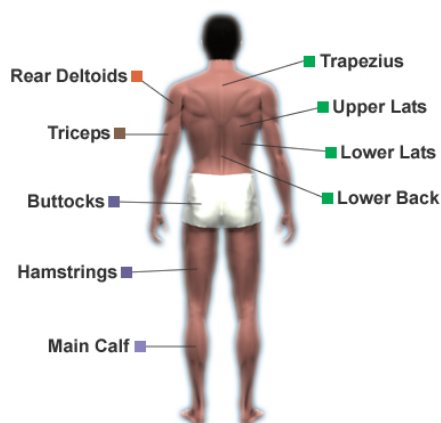
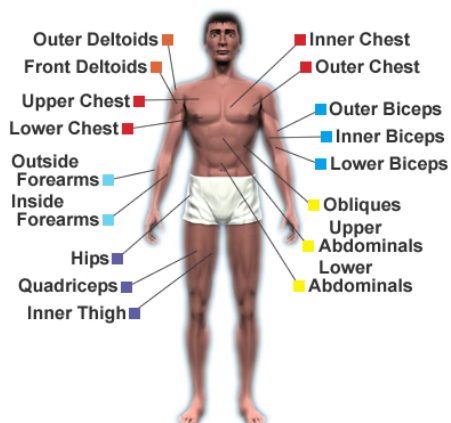
1 Workout Days

4 ■ Abs

0 Cardio Exercises









4 Strength Training →


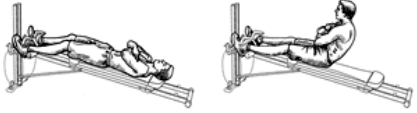


0 Stretching Exercises



Total Gym Workout Routine for Abs - Day 1



Cardio / Strength Training	# of Sets	# of Reps	Progress Log							
■ Abs Crunch (TG) - Resisted										
 	3	6								
■ Abs Sit-Up (TG) - Feet Attached										
 	3	6								
■ Abs Trunk Rotation (TG)										
 	3	6								
■ Abs Leg Pull-In (TG) - High										
 	3	6								

	<p>■ Abs Crunch (TG) - Resisted</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Lie down on your back with your knees bent and your feet on the glideboard and hold the handles with your hands, arms extended out and parallel to your thighs.</p> <p>Motion Roll your shoulder blades up from the glideboard by pushing on the handles while keeping your arms extended and lower yourself back down after a short pause.</p> <p>Tips/Caution To avoid pulling your neck with your hands, look straight up instead of looking at your knees.</p>
	<p>■ Abs Sit-Up (TG) - Feet Attached</p> <p>Secondary Muscles Hips, Upper Abdominals</p> <p>Starting Position Lie down on your back with your feet attached to the wing attachment and place your hands across your chest.</p> <p>Motion Roll your upper body up until your lower back no longer touches the glideboard and lower yourself back down after a short pause.</p> <p>Tips/Caution To avoid pulling your neck with your hands, look straight up instead of looking at your knees.</p>
	<p>■ Abs Trunk Rotation (TG)</p> <p>Secondary Muscles Trunk, Obliques</p> <p>Starting Position Sit sideways on the glideboard, keep your legs extended up from the floor and hold the handles with both hands close to one another on your side.</p> <p>Motion While keeping the angles in your elbows still, pull the handles towards the other side of your trunk and allow yourself back to the starting position after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Abs Leg Pull-In (TG) - High</p> <p>Secondary Muscles Hips, Lower Abdominals</p> <p>Starting Position Kneel down on the glideboard, grasp the toe bar with your hands and push your body up the rail while keeping your thighs and upper body extended on the same line.</p> <p>Motion Pull yourself back towards the toe bar while keeping your arms and upper body fully extended and push yourself back up after a short pause.</p> <p>Tips/Caution Be careful not to back yourself too far out up to a point where you would lose balance.</p>