

Day 20 - Abs



Pre-workout Feelings

How did you sleep last night?

How did you eat so far today? POOR / OK / GOOD / GREAT

What is your energy level pre-workout? _____/10

Do you feel tightness/soreness anywhere? _____

RESISTANCE

Exercise	Sets	Reps	Equipment	Intensity	Rest
Lower Ab Vertical Leg Lift	3	15	heavy weight plate or object	hard	60 sec
Lower Ab Leg Drops	3	15	heavy weight plate or object	hard	60 sec
Bicycle Crunches	3	25	none	hard	60 sec
Standing Side Bends	3	10 each side	heavy weight plate or object	hard	60 sec
"C" Crunch	3	25	none	hard	60 sec
Plank On Knees Or Toes	3	30 seconds	none	hard	60 sec

CARDIO - choose 1

Exercise	Intensity	Speed	Time
Uphill Treadmill Walking	7.0~10.0 incline	3.6 ~ 4.0mph	20mins
Stairclimber	65steps/min IF 2 at a time	95 steps per min IF 1 at a time	20mins

NOTES
