

15-Minute Stomach-Firming Routine

Date: _____ Time Started: _____ Warm-up/Stretch

Weight: _____ Time Finished: _____ Cooldown/Stretch

EXERCISE	Weight (lbs.)	Reps	Notes
Swiss Ball Crunches			
SET 1		15	Rest for one minute between each set.
SET 2		15	
SET 3		15	
Leg Raises			
SET 1		10	Rest for one minute between each set.
SET 2		10	
SET 3		10	
Broomstick Twists			
SET 1		20	Rest for one minute between each set.
SET 2		20	
SET 3		20	

NOTES

Cardio: _____ Time: _____ Calories burned: _____

Cardio: _____ Time: _____ Calories burned: _____

Supplements Used

_____	_____	_____
_____	_____	_____
_____	_____	_____

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