

### 15-Minute Ab-Building Routine

Date: \_\_\_\_\_ Time Started: \_\_\_\_\_  Warm-up/Stretch

Weight: \_\_\_\_\_ Time Finished: \_\_\_\_\_  Cooldown/Stretch

EXERCISE	Weight (lbs.)	Reps	Notes
Side Bends			
SET 1		12	Rest for one minute between each set.
SET 2		12	
SET 3		12	
Seated V Crunches			
SET 1		15	Rest for one minute between each set.
SET 2		15	
SET 3		15	
Ab Crunches			
SET 1		20	Rest for one minute between each set.
SET 2		20	
SET 3		20	

**NOTES**

Cardio: \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_  
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**Supplements Used**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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\_\_\_\_\_  
 \_\_\_\_\_  
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