

MuscleTech.com
Rock-Hard Abs Routine



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

Weight: _____ Time Finished: _____ Cooldown

EXERCISE	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
Side Bends				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
Kneeling Cable Crunches				
SET 1		8 to 10		
SET 2		8 to 10		
SET 3		8 to 10		
Hanging Leg Raises				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
Crunches				
SET 1		12 to 15		
SET 2		12 to 15		
SET 3		12 to 15		
Assisted Abdominal Leg Pushes				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		

NOTES

Cardio: _____ Time: _____ Calories burned: _____

_____ Time: _____ Calories burned: _____

MUSCLETECH® SUPPLEMENTS USED

_____	_____	_____
_____	_____	_____
_____	_____	_____

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