Bodybuilding.com's Workout Log

Ab Routine

DAY: __________________________

DATE: __________________________

TIME: __________________________ am/pm

CARDIO TODAY? YES NO

EXERCISE __________________________

DURATION __________________________

LENGTH OF WORKOUT: __________________________

WEIGHT: __________________________

LOCATION: __________________________

MOOD WHEN STARTING: __________________________

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swiss ball crunches - 8-12 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weighted decline situps - 8-12 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weighted knee raises - 8-12 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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