Shawn Phillips

WORKOUT TRACKER: HIIT | Abs

www.BestAbs.com

ABSolution

DAY _____ DATE _____ DAY # _____ START TIME _____ FINISH TIME _____

HIIT Exercises

HIIT CARDIO

Choose a cardiovascular exercise you enjoy, such as sprinting, stairclimbing, skipping rope, recumbant bike, Stairmaster, Treadmill, etc.

HIIT is defined as 1 minute (60 seconds) of high-intensity followed by 30 seconds of low-intensity for a total of 20 minutes.

EXERCISE SELECTED	HIGH INTENSITY LEVEL	PLANNED TIME	ACTUAL TIME

NOTES

Upper Ab Exercises

REGION 1 – UPPER ABS

EXERCISE SELECTED (select only one)	SETS	PLANNED WEIGHT/REPS	ACTUAL WEIGHT/REPS	INTENSITY
Basic Crunch	1	15		
Cross Crunch	1	15		
Decline Crunch	1	15		
Bench Crunch				
Cable Crunch				
Swiss Ball Crunch				

NOTES

Lower Ab Exercises

REGION 2 – LOWER ABS

EXERCISE SELECTED (select only one)	SETS	PLANNED WEIGHT/REPS	ACTUAL WEIGHT/REPS	INTENSITY
Hip Up	1	15		
Reverse Crunch	1	15		
Reverse Decline Crunch	1	15		
Swiss Ball Leg Lift				
Hanging Leg Lift				

NOTES

Oblique Exercises

REGION 3 – OBLIQUES

EXERCISE SELECTED (select only one)	SETS	PLANNED WEIGHT/REPS	ACTUAL WEIGHT/REPS	INTENSITY
Side Crunch	1	15		
Cross Crunch	1	15		
Decline Twist	1	15		
Swiss Ball Side Crunch				

NOTES

GOALS FOR NEXT WORKOUT

Notice: The ABSolution Program is intended for healthy adults, ages 18 and over. This book is solely for informational and educational purposes and is not medical advice. Please consult a medical or health professional before you begin any new exercise, nutrition, or supplementation program or if you have questions about your health. As individuals differ, their results will differ, even when using the same program. C opyright ' 2002 BestAbs.com