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