

Cardio, Abdominal and Lower Back Workout

Choose Total Number of Calories to Burn During Session

Workout Total	Beginning of Workout	Calories To Burn After Each Tri-Set of Abs	Calories Left To Burn
300 calories	100	25 (any piece of cardio)	100 on Treadmill using intervals
400 calories	100	25 (any piece of cardio)	200 on Treadmill using intervals
500 calories	150	25 (any piece of cardio)	250 on Treadmill using intervals
600 calories	200	25 (any piece of cardio)	300 on Treadmill using intervals

Abdominal Workout - complete 4 sets (rotations)

Reps	Exercise #1	Exercise #2	Exercise #3
10 to 25	10 to 25	Hyperextension Raise	Life Fitness Abdominal Crunch or
10 to 25	Hanging Leg Raise or	(for Lower Back/Glutes)	Cybex Abdominal Crunch or
10 to 25	Supported Knee Ups or	(squeeze glutes at top of movement, use weights	Bodymaster Abdominal Crunch or
15 to 50	Abcoaster	if possible)	Floor Crunch

Example (one set is the following): Hanging Knee Ups + Hyperextensions + Life Fitness Abdominal Crunches