

Workout Log

Name: Total Ab Conditioning

Dates:	Dates:	Dates:	Dates:
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Perform this workout as a circuit with 10 seconds rest between exercises

Exercise	Sets	WT	Reps	Exercise	Sets	WT	Reps	Exercise	Sets	WT	Reps	Exercise	Sets	WT	Reps
Mountain Climbers	3	0	30s	Mountain Climbers	3	0	30s	Mountain Climbers	3	0	30s	Mountain Climbers	3	0	30s
Scissor Kicks	3		30	Scissor Kicks	3		30	Scissor Kicks	3		30	Scissor Kicks	3		30
MB High Oblique Twist	3		30	MB High Oblique Twist	3		30	MB High Oblique Twist	3		30	MB High Oblique Twist	3		30
Plate/DB Big Small	3		15	Plate/DB Big Small	3		15	Plate/DB Big Small	3		15	Plate/DB Big Small	3		15