

## Ass & Abs



<b>Workout Routine #4</b>		<b>Date:</b>			<b>Date:</b>		
<b>Ex.#</b>	<b>Exercise</b>	<b>Reps</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Sets</b>
1	Floor Hip Extensions <i>10 each side</i>						
2	Hanging Leg Raises <i>Max</i>						
3	Lunges holding dumbbells <i>10 each leg</i>						
4	Alternating Superman <i>30 seconds</i>						
5	Floor Hip Abductions <i>10 each side</i>						
6	Bicycle Crunches <i>30 seconds</i>						