

# Core Exercises

## *The Four Horsemen of the ABpocalypse*

BW = Bodyweight

DB = Dumbbell

<b>Conquest (1 minute rest btw. sets)</b>	
Bodyweight Twist (Lying Down)	60 seconds
BW Toe Touch (Lying Down)	60 seconds
BW Side Bend	60 seconds both sides
BW Scissor Kick (Lying Down)	60 seconds
BW Pull Ins	60 seconds
BW Bridge (Lying Down)	60 seconds
BW Butt Ups (Plank Position)	60 seconds
BW Obliques (Lying Down)	60 seconds both sides
BW Alternating Superman	60 seconds
BW Side Bridge (Side Plank Pos)	60 seconds both sides

<b>War (30 second rest btw. sets)</b>	
BW Crunch (Lying Down)	1 x 60 sec.
BW Bicycle Crunch (Lying Down)	1 x 60 sec.
BW Cross Body Crunch	1 x 60 sec.
BW Hip Extension (Lying Down)	60 seconds both sides
BW Superman Hold	1 x 60 sec.
BW Plank	1 x 60 sec.
BW Side Plank	60 seconds both sides
BW Hip Raises	60 seconds
BW Heel Touch	1 x 60 sec.
BW Reverse Crunch	1 x 60 sec.

<b>Famine (45 second rest btw. sets)</b>	
Dumbbell Crunch Decline Bench	2 x 20 reps
DB Crunch Flat Bench	2 x 20 reps
DB Crunch Floor	2 x 20 reps
DB Situp Decline Bench Obliques	4 x 20 reps alternate sides
BW Crunch	1 x 60 sec.
BW Cross Body Crunch	1 x 60 sec.
BW Crunch Decline Bench	1 x 60 sec.
DB Russian Twist	1 x 60 sec.
DB Situp Flat Bench	2 x 30 reps
BW Crunch Reverse Incline Bench	2 x 30 reps

Death awaits on the other side....

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## *The Four Horsemen of the ABpocalypse*

<b>Death (30 sec. – 1 min. rest btw. sets)</b>	
BW Bridge (Lying Down)	60 seconds
BW Butt Ups (Plank Position)	60 seconds
BW Crunch (Lying Down)	1 x 60 sec.
BW Bicycle Crunch (Lying Down)	1 x 60 sec.
BW Cross Body Crunch	1 x 60 sec.
BW Penguins (Lying Down)	1 x 60 sec.
BW Reverse Crunch	1 x 60 sec.
BW Straight Arm Crunch	1 x 60 sec.
BW Flutter Kicks	1 x 60 sec.
BW Heel Touch	1 x 60 sec.
BW Hip Extension	2 x 30 reps alternate sides
BW Out and Ups	1 x 30 reps
BW Hop (Floor)	1 x 60 sec.
BW Plank	1 x 60 sec.
BW Side Plank	2 x 60 sec alternate sides
BW Plank Jacks	1 x 60 sec.
BW Pull Ins (full body crunch)	60 seconds
BW Scissor Kicks	1 x 60 sec.
BW Side Bridge	2 x 20 reps alternate sides
BW Side Bridge Leg Raise	2 x 20 reps alternate sides
BW Toe Touch	1 x 20 reps
BW Twist (Lying Down)	1 x 20 reps
BW Russian Twist	1 x 60 sec.
BW Superman Hold	1 x 60 sec.
BW Alternating Superman	60 seconds