

# Core Exercises

## Gods of Greek ABthology

<b>APOLLO</b> God of Arts	
Continuous workout. No rest. Planks and Supermen meant to serve as rest time.	
<b>Rope Pullers</b> <b>Front Plank</b>	45 Seconds 30 Seconds
<b>Side-to-Side Rev. Crunch</b> <b>Right Plank</b>	45 Seconds 30 Seconds
<b>Rocky's</b> <b>Left Plank</b>	45 Seconds 30 Seconds
<b>Squares (Lying)</b> <b>Superman</b>	45 Seconds 30 Seconds
<b>Plank Knee Twists</b> <b>Front Plank</b>	45 Seconds 30 Seconds
<b>Alternating Reachies</b> <b>Right Plank</b>	45 Seconds 30 Seconds
<b>Power Boat Raises</b> <b>Left Plank</b>	45 Seconds 30 Seconds
<b>Sit Up Twists</b> <b>Superman</b>	45 Seconds 30 Seconds
<b>Total Workout Time = 10 Minutes</b>	

<b>Poseidon</b> God of the Sea	
75 seconds on. 50 seconds off. Keep abs flexed and tight.	
<b>Explosive Knee Drivers</b> <b>Right</b>	75 Seconds 50 Seconds
<b>Explosive Knee Drivers Left</b>	75 Seconds 50 Seconds
<b>Figure Eights</b>	75 Seconds 50 Seconds
<b>Superman Twists</b>	75 Seconds 50 Seconds
<b>Apple Pickers</b>	75 Seconds 50 Seconds
<b>Straight Arm Lie Flat</b> <b>Crunch</b>	75 Seconds 50 Seconds
<b>Flutter Kicks in Superman</b> <b>Hold</b>	75 Seconds 50 Seconds
<b>Sit Ups</b>	75 Seconds 50 Seconds
<b>Total Workout Time (W/ Rest) = 16:40</b>	

<b>Ares</b> God of War			
<b>Plank Jacks</b>	60 Seconds 30 Seconds	<b>Seated Bicycle Kicks</b>	60 Seconds 30 Seconds
<b>Knee to Elbow Planks</b>	60 Seconds 30 Seconds	<b>X-Abs</b>	60 Seconds 30 Seconds
<b>Reverse Plank</b>	60 Seconds 30 Seconds	<b>Sit Up Hold</b>	60 Seconds 30 Seconds
<b>Plyometric Side Plank Right</b>	60 Seconds 30 Seconds	<b>90 Degree Heel Touch Crunch</b>	60 Seconds 30 Seconds
<b>Plyometric Side Plank Left</b>	60 Seconds 30 Seconds	<b>Long Lever Crunch</b>	60 Seconds 30 Seconds
One minute on, 30 seconds off. <b>Total Workout Time (W/ Rest) = 15 Minutes</b>			

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<b>Athena</b> Goddess of Skill	
5 minutes straight. 90 second rest. Repeat.	
<b>Six to Twelve/Up High Hold Circuit</b> (15 sec StT Narrow, 10 sec StT Wide, 15 sec UH Narrow, 10 sec UH Wide, 10 sec StT Narrow)	60 Seconds 60 Seconds
<b>Double Crunch</b>	60 Seconds 60 Seconds
<b>Lying Side Lawn Chairs Right</b>	60 Seconds 60 Seconds
<b>Lying Side Lawn Chairs Left</b>	60 Seconds 60 Seconds
<b>Moonkicker Twists</b>	60 Seconds 60 Seconds
<b>Total Workout Time (W/ Rest) = 11:30</b>	

<b>Artemis</b> Goddess of the Hunt	
Quick exercises, short rest. 3 rounds w/ 90 sec. rest between.	
<b>Russian Twists</b>	45 Seconds x3 15 Seconds x3
<b>Lawn Chairs</b>	45 Seconds x3 15 Seconds x3
<b>Pilates Scissors</b>	45 Seconds x3 15 Seconds x3
<b>Cross Body Sit Ups</b>	45 Seconds x3 15 Seconds x3
<b>Superman Hold Scissors</b>	45 Seconds x3 15 Seconds x3
<b>Total Workout Time (W/ Rest) = 18 min.</b>	

<b>Hades</b> God of the Underworld			
<b>Power Boat Hold</b>	60 Seconds 30 Seconds	<b>Alternating Lawn Chairs</b>	60 Seconds 30 Seconds
<b>Bicycle In-and-Outs</b>	60 Seconds 30 Seconds	<b>Straight Leg Hip Raise</b>	60 Seconds 30 Seconds
<b>Circles (Lying)</b>	60 Seconds 30 Seconds	<b>Hops (2 Leg Mtn. Climbers)</b>	60 Seconds 30 Seconds
<b>Sword Slashes Right</b>	60 Seconds 30 Seconds	<b>Hand Stand Planks: (Raises)</b>	60 Seconds 30 Seconds
<b>Sword Slashes Left</b>	60 Seconds 30 Seconds	<b>Rows (Full Body Pull Ins)</b>	60 Seconds 30 Seconds
One minute on, 30 seconds off. <b>Total Workout Time (W/ Rest) = 15 Minutes</b>			

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## *Gods of Greek ABthology*

<b>Zeus King of Gods</b>			
Six to Twelve/Up High Hold Circuit	60 Seconds	Explosive Knee Drivers Left	60 Seconds 30 Seconds
Bicycle In-and-Outs	60 Seconds	Lawn Chairs	60 Seconds 30 Seconds
Sit Up Hold	60 Seconds	Moonkicker Twists	60 Seconds 30 Seconds
Knee to Elbow Planks	60 Seconds	Side-to-Side Rev. Crunch	60 Seconds 30 Seconds
Flutter Kicks in Superman Hold	60 Seconds	Russian Twists	60 Seconds 30 Seconds
Opp. Knee to Opp. Elbow	60 Seconds	Knee to Elbow Planks	60 Seconds 30 Seconds
Superman Twists	60 Seconds 30 Seconds	Hops (2 Leg Mtn. Climbers)	60 Seconds 30 Seconds
X-Abs	60 Seconds 30 Seconds	Cross Body Sit Ups	60 Seconds 30 Seconds
Circles (Lying)	60 Seconds 30 Seconds	Rows (Full Body Pull Ins)	60 Seconds 30 Seconds
Explosive Knee Drivers Right	60 Seconds 30 Seconds	Double Crunch	60 Seconds 30 Seconds
<p>First seven = no rest. 60 seconds on, 30 seconds off after first seven.  <b>Total Workout Time (W/ Rest) = 29 Minutes</b></p>			