

PeakPerformance
“Ελληνικοί κοιλιακοί” Workout

This 3-day AB workout program is designed to strengthen and sculpt your core with targeted exercises. The program is flexible, allowing you to choose the days that best fit your schedule.

Each session includes a variety of core-strengthening exercises, with options to progress as you build strength.

I offer daily check-ins and personalized support, including the option for one-on-one video calls, to help you stay on track and achieve your fitness goals.



MONDAY

Superset 1

1. Planks

- 4 sets of 1 minute
- Goal: Work towards supporting a 45 lb. plate or more for 1 minute to build thicker core muscles

2. Decline Sit-Ups

- 15 reps
- Alternative: Regular sit-ups if decline sit-ups are too challenging
- Progression: Increase sit-ups by 5 reps as it becomes easier

Superset 2

1. Leg Raises

- 3 sets (Perform with straight legs. Use bent legs if the straight-legged variation is too difficult)

2. Weighted Leg Holds

- 30 seconds
- Alternative: Body weight leg holds



WEDNESDAY

Superset 1

1. Side Bridges
 - 3 sets of 10 reps on each side
 - **Superset** with elbow to knee crunches
2. Elbow to Knee Crunches
 - 10 reps on each side
 - 30-second breaks between sets

Superset 2

1. Broomstick Twists with Weight Bar
 - 3 sets of 10 reps on each side
 - (Use a 45 lb bar or varied weight. Focus on using only the obliques to maximize the workout)
2. Cable Oblique Twists
 - 10 reps on each side
 - (This is all about focus—really visualize the muscle you're working here. Try not to use anything else but the obliques to truly get the desired workout)

Burnout

1. Planks
 - 3 sets of Failure (Track you time)
 - 30-second breaks between sets



FRIDAY

8-Minute Circuit & Clean Sit-Ups or Crunches

1. 8-Minute Circuit:

(This circuit is challenging, especially for beginners. Push yourself, but take breaks if needed. Focus on finishing, not on perfection.)

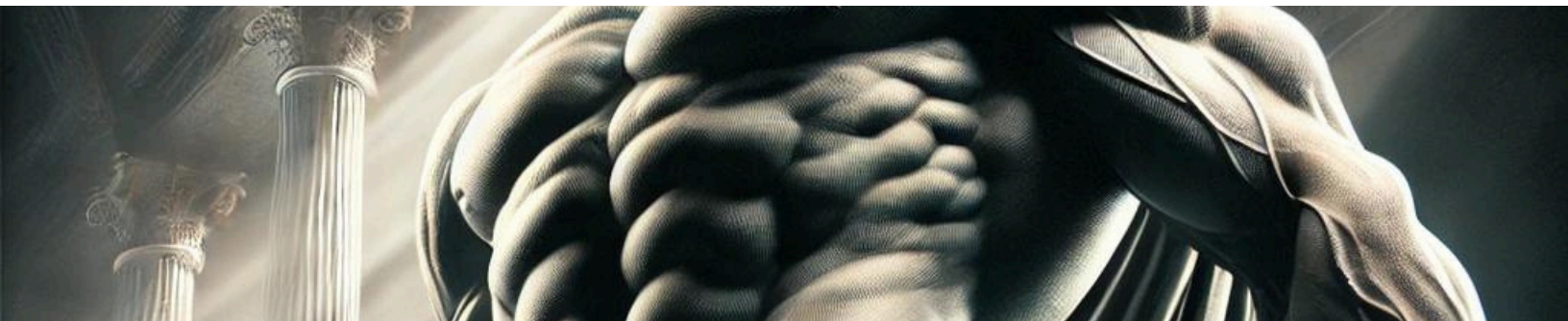
- Planks
 - 30 seconds
- Right Side Plank
 - 30 seconds
- Left Side Plank
 - 30 seconds
- Bicycle Kicks
 - 30 seconds
- Small Flutter Kicks
 - 30 seconds
- Large Flutter Kicks
 - 30 seconds
- Scissor Kicks
 - 30 seconds
- Rest
 - 30 seconds
- Repeat the Circuit

2. Final Exercise: Clean Sit-Ups or Crunches

- 30 reps
- (Focus on clean form: Keep fingers locked behind your head if hands are there, or keep arms flat across the chest without swinging them for assistance. Take your time to finish all 30 reps.)

Support

I'll check in with you daily to monitor your progress. We can adjust weights or reps as needed. If you have any questions, feel free to text me. Since you've purchased this program, I'm available for a video call to complete the circuit with you for support and to gauge your core level.



Appendix: Exercise Instructions with YouTube Links

1. Planks

- Sets & Reps: 4 sets of 1 minute
- Superset: Decline sit-ups
- Goal: Add 5 lbs. each week, aiming for 45 lbs. on your back for 1 minute.

Watch Planks Demonstration:

<https://youtu.be/Ym35c5pKRDo?si=28x71VOUKvaUuF8s>

2. Decline Sit-Ups

- Reps: 15 reps
- Progression: Increase by 5 reps as it gets easier.

Watch Decline Sit-Ups Demonstration:

<https://youtu.be/IIInwHwexkg?si=pU221uXSrgbt7t1G>

3. Leg Raises

- Sets: 3 sets
- Superset: Weighted leg holds

Watch Leg Raises Demonstration:

<https://youtu.be/EHTWldJ7tPA?si=nnvi1dIH6RciW6ii>

4. Weighted Leg Holds

- Duration: 30 seconds

Watch Weighted Leg Holds Demonstration:

<https://youtu.be/m-4OoiZqPC4?si=YakZMGq0NYPWLd3E>

5. Side Bridges

- Sets & Reps: 3 sets of 10 reps each side
- Superset: Elbow to knee crunches

Watch Side Bridges Demonstration

<https://youtu.be/7ytbYd4CK3o?si=D4L1gpss66dF6OTO>

6. Elbow to Knee Crunches

- Reps: 10 reps each side

Watch Elbow to Knee Crunches Demonstration

6. Elbow to Knee Crunches

- Reps: 10 reps each side

Watch Elbow to Knee Crunches Demonstration

<https://youtu.be/FcjwuLMdGyM?si=-9PJttHJbu5ixJRI>

7. Broomstick Twists with Weight Bar

- Sets & Reps: 3 sets of 10 reps each side
- Superset: Cable oblique twists

Watch Broomstick Twists Demonstration

<https://youtu.be/lhSSABTrB0k?si=z7lv2p8llbgMYPMO>

8. Cable Oblique Twists

- Reps: 10 reps each side

Watch Cable Oblique Twists Demonstration

https://youtu.be/t1XQ7V7gEm4?si=59aWSXY1-DS5y_uq