



*Athena's*  
**PLAYBOOK**

# Athena's PLAYBOOK

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Day 1 | Cardio

Level I 3 sets

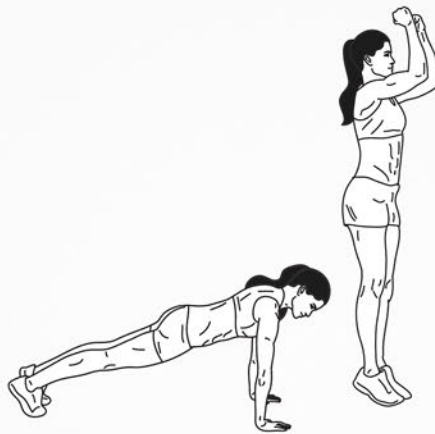
Level II 5 sets

Level III 7 sets

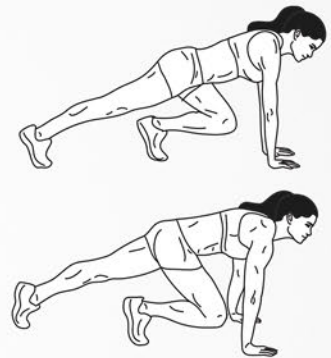
2 minutes rest between sets



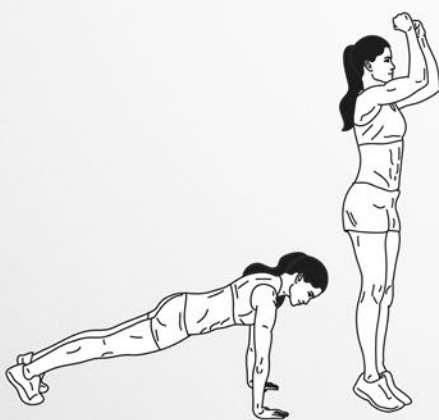
20 high knees



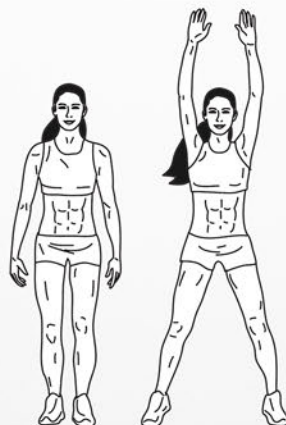
4 basic burpees



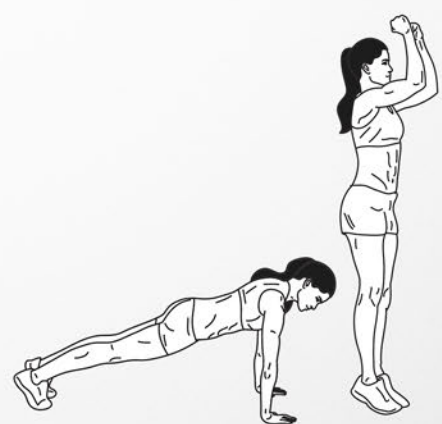
20 climbers



4 basic burpees



20 jumping jacks



4 basic burpees

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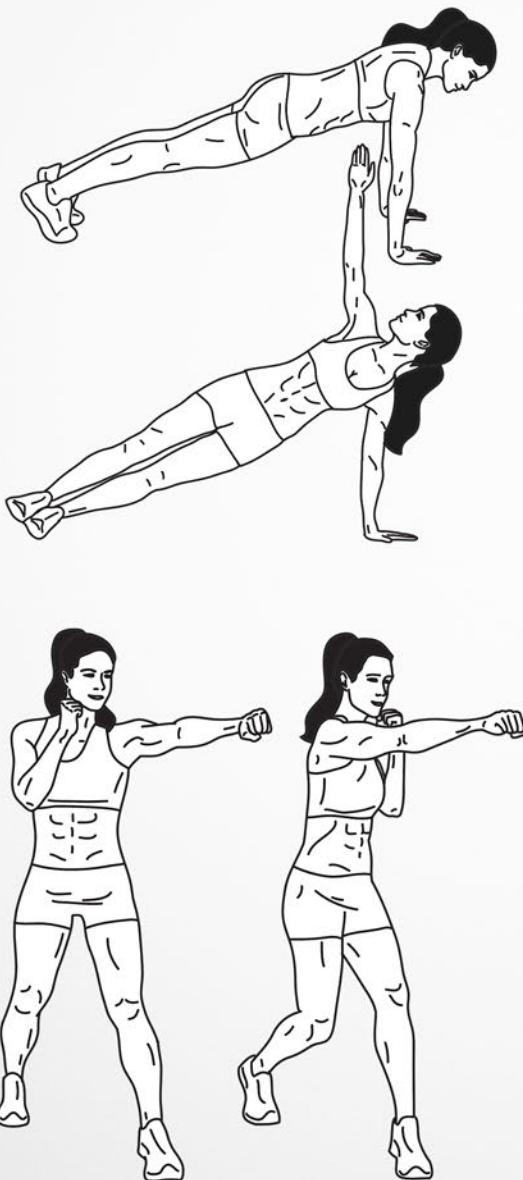
Day 2 | Upper Body

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



4 plank rotations

20 punches

4 plank rotations

20 punches

4 plank rotations

20 punches

4 plank rotations

20 punches

done

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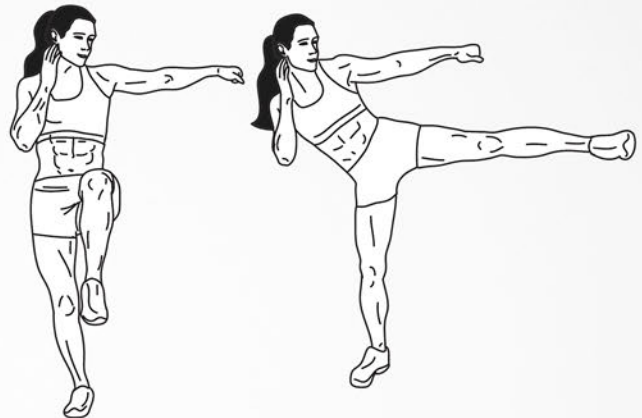
Day 3

Lower Body

2 minutes rest  
between exercises



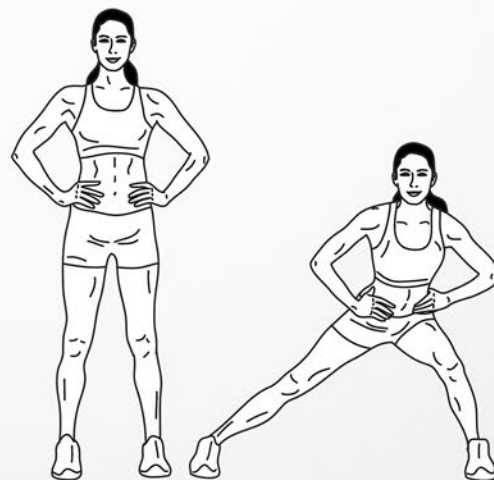
**10** squats x **3 sets** in total  
20 seconds rest between sets



**20** side kicks x **3 sets** in total  
20 seconds rest between sets



**10** lunge step-ups x **3 sets** in total  
20 seconds rest between sets



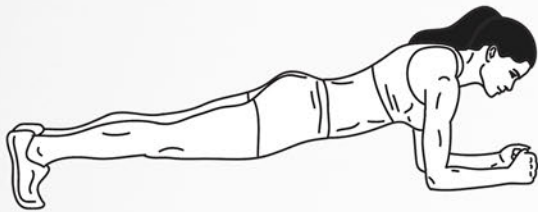
**20** side lunges x **3 sets** in total  
20 seconds rest between sets

# Athena's PLAYBOOK

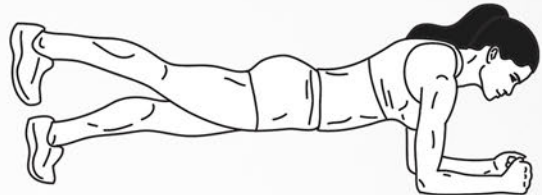
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Day 4 | Abs

no sets | keep the plank  
throughout  
the sequence



**30sec** elbow plank



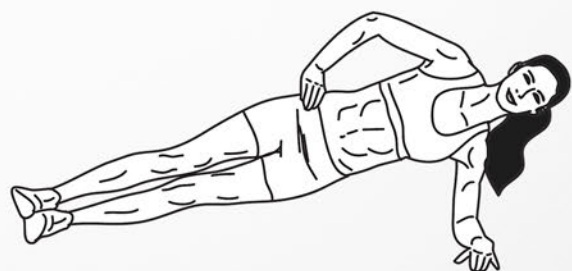
**30sec** raised leg elbow plank

15 seconds per leg



**30sec** uneven plank

15 seconds per side



**60sec** side elbow plank

30 seconds per side

# Athena's PLAYBOOK

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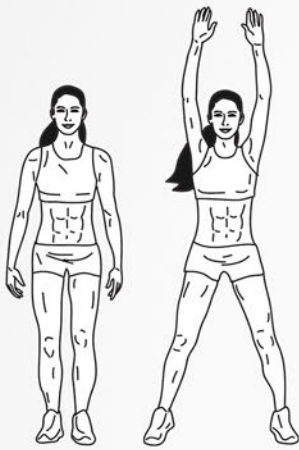
Day 5 | Cardio

Level I 3 sets

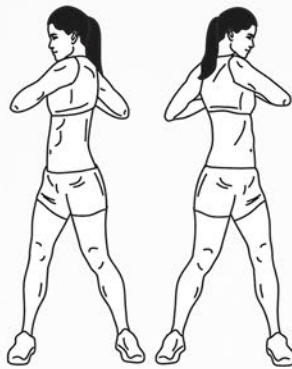
Level II 5 sets

Level III 7 sets

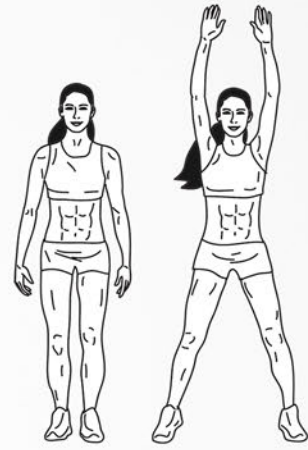
2 minutes rest between sets



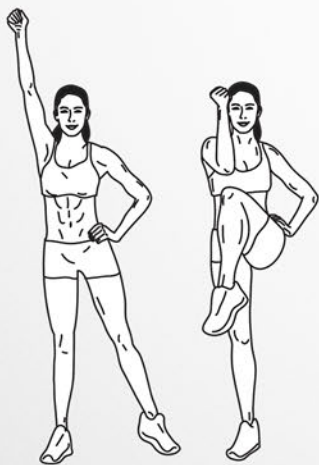
20 jumping jacks



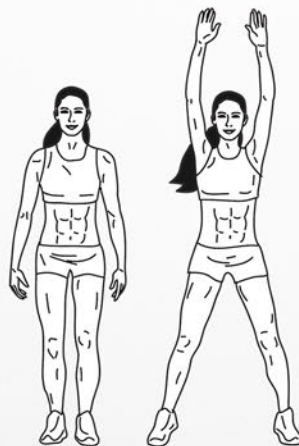
4 twists



20 jumping jacks



4 knee-to-elbows



20 jumping jacks



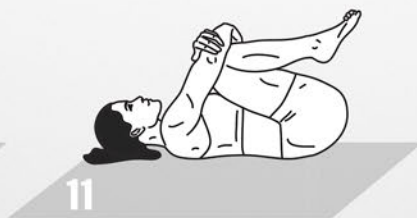
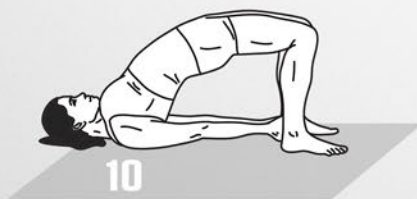
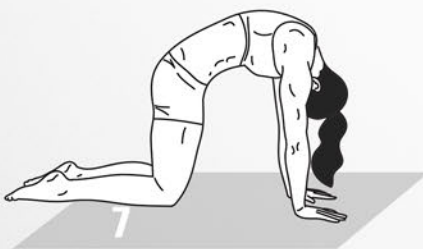
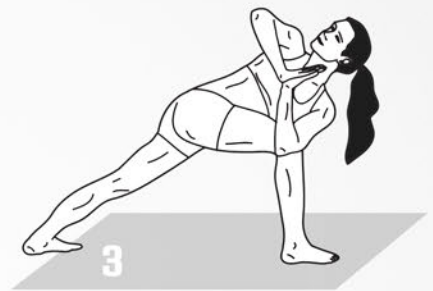
4 deadlift & twist

# Athena's PLAYBOOK

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## Day 6 | Yoga

Hold each pose for 20 seconds then move on to the next one. Repeat the sequence again on the other side.



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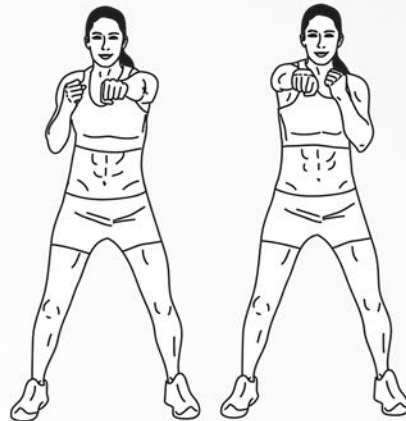
Day 7

Upper Body

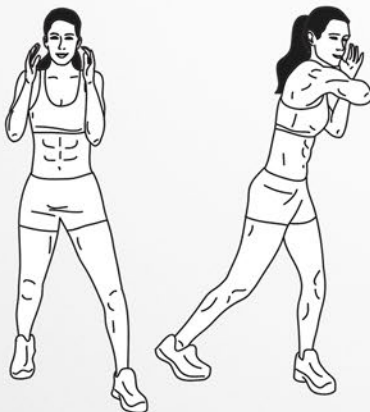
2 minutes rest  
between exercises



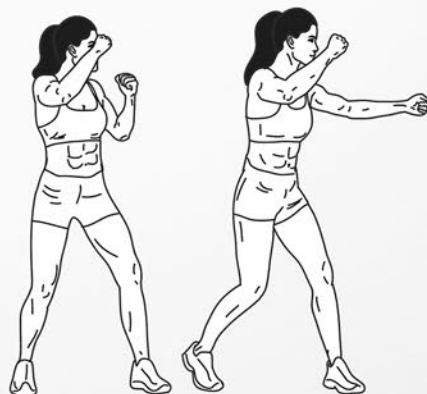
**10** tricep dips x **3 sets** in total  
20 seconds rest between sets



**40** punches x **3 sets** in total  
20 seconds rest between sets



**10** elbow strikes x **3 sets** in total  
20 seconds rest between sets



**40** backfists x **3 sets** in total  
20 seconds rest between sets



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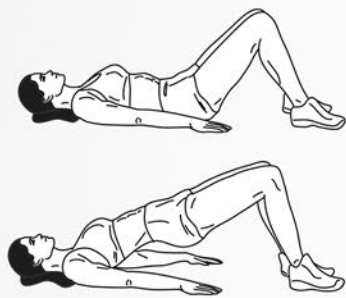
Day 8 | Lower Body

Level I 3 sets

Level II 4 sets

Level III 5 sets

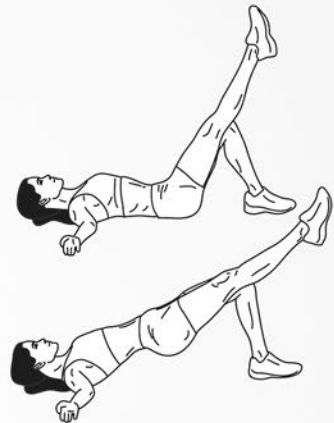
2 minutes rest between sets



20 bridges



10 bridge taps



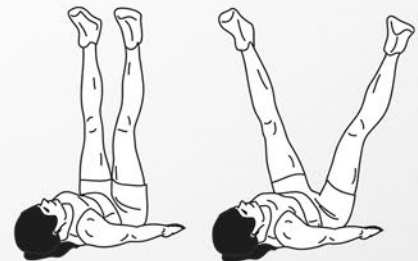
10 single leg bridges



20 push kicks



10 butterfly dips



10 V-extensions

# Athena's PLAYBOOK

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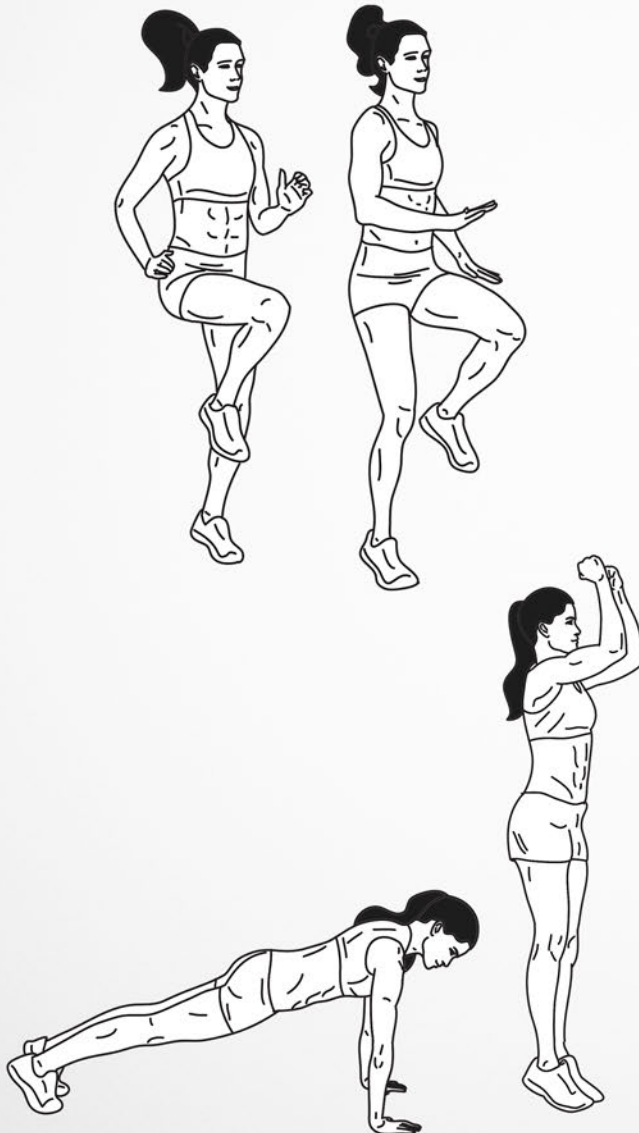
Day 9 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 high knees

2 basic burpees w / jump

20 high knees

2 basic burpees w / jump

20 high knees

2 basic burpees w / jump

20 high knees

2 basic burpees w / jump

20 high knees

2 basic burpees w / jump

done

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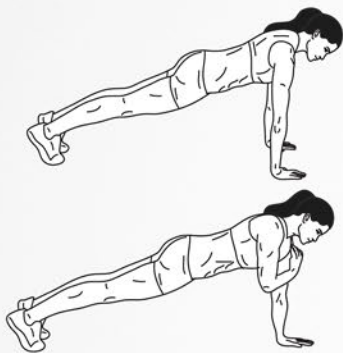
Day 10 | Upper Body

Level I 3 sets

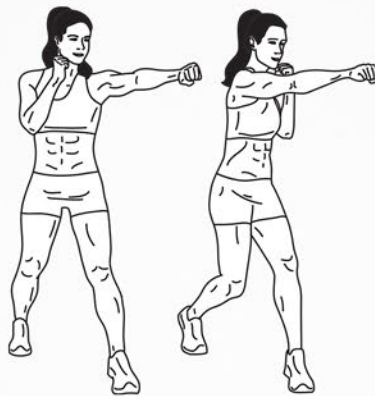
Level II 4 sets

Level III 5 sets

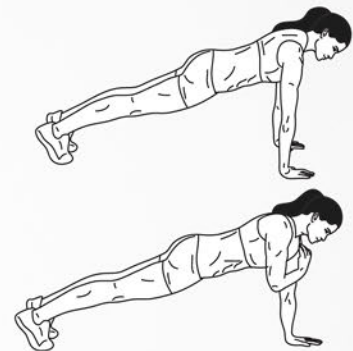
2 minutes rest between sets



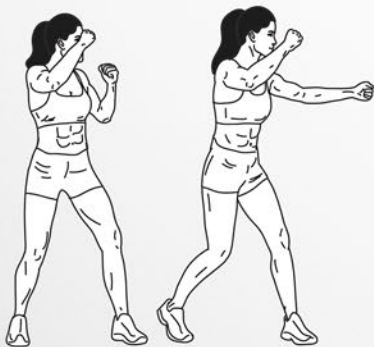
6 shoulder taps



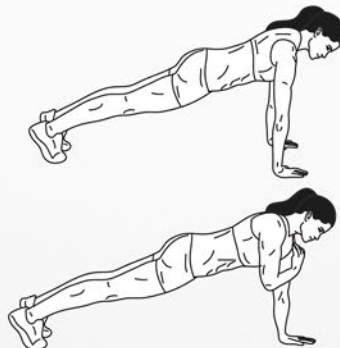
20 punches



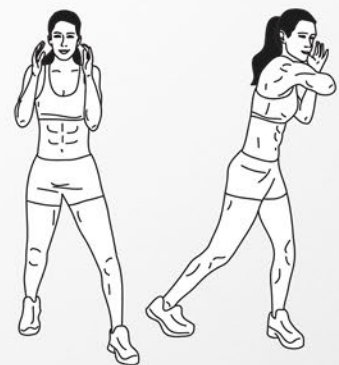
6 shoulder taps



20 backfists



6 shoulder taps



20 elbow strikes

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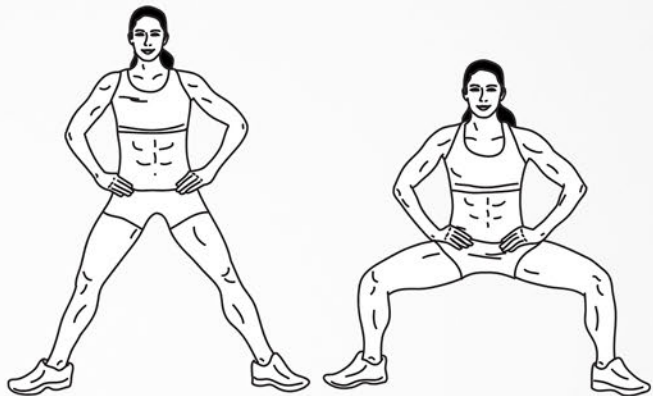
Day 11

Lower Body

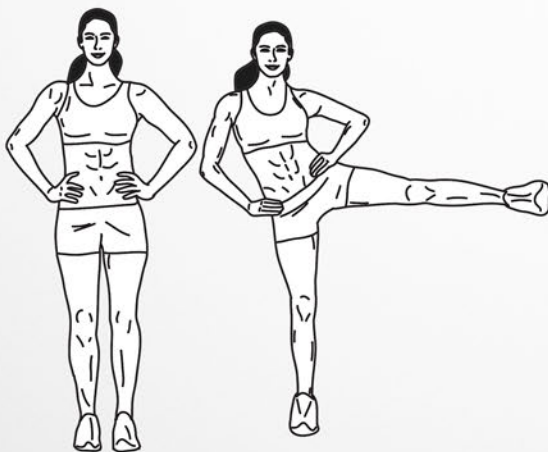
2 minutes rest  
between exercises



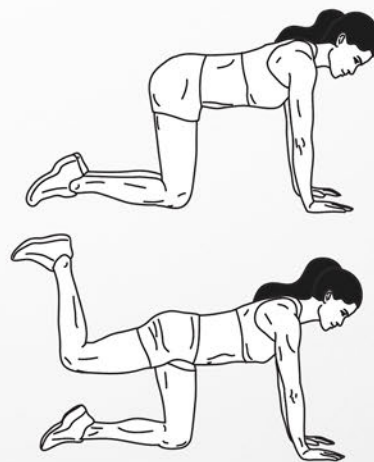
**20** lunges x **3 sets** in total  
20 seconds rest between sets



**20** wide squats x **3 sets** in total  
20 seconds rest between sets



**20** side leg raises x **3 sets** in total  
20 seconds rest between sets



**20** donkey kicks x **3 sets** in total  
20 seconds rest between sets

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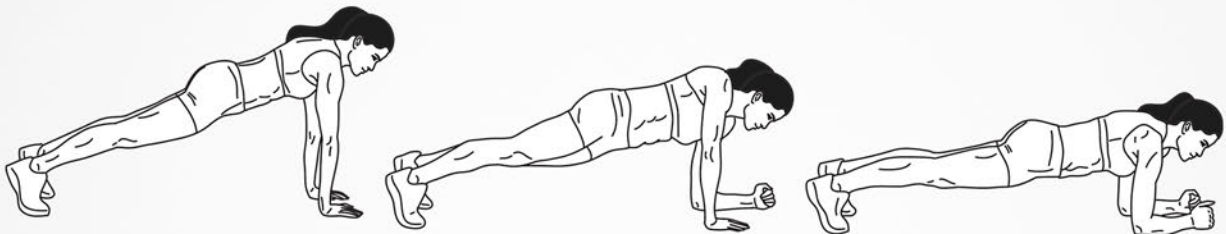
Day 12 | Abs

Level I 2 sets

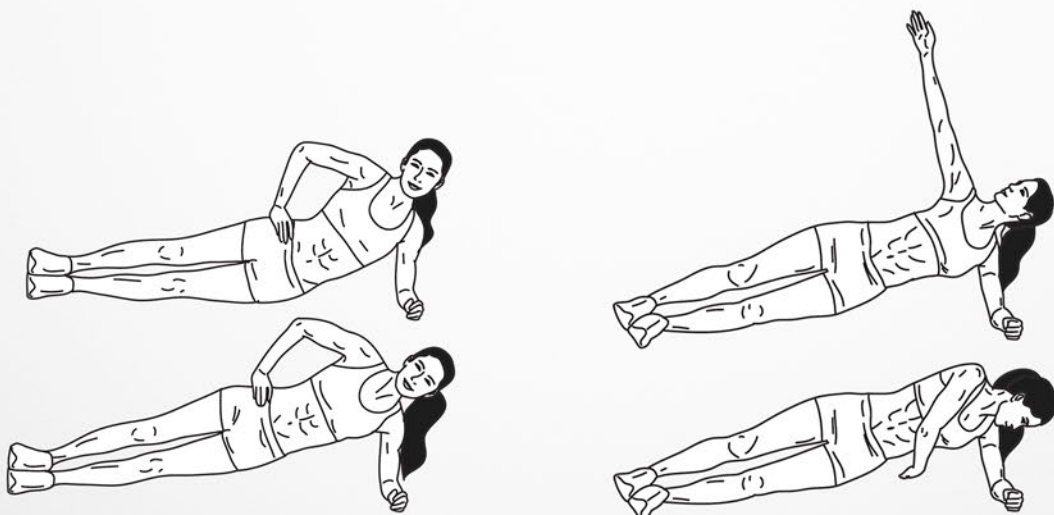
Level II 3 sets

Level III 4 sets

2 minutes rest between sets



10 up and down planks



20 side bridges

20 side plank rotations

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Day 13 | Cardio

Level I 3 sets

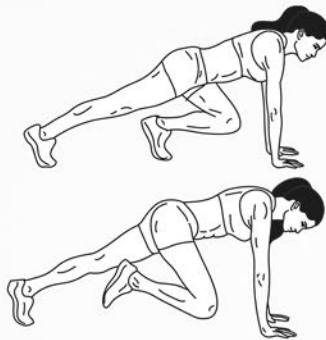
Level II 5 sets

Level III 7 sets

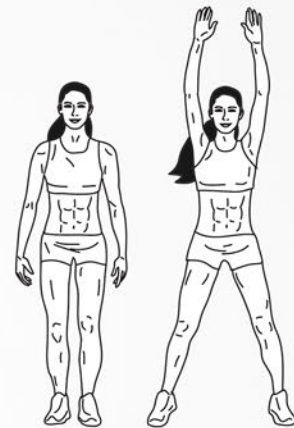
2 minutes rest between sets



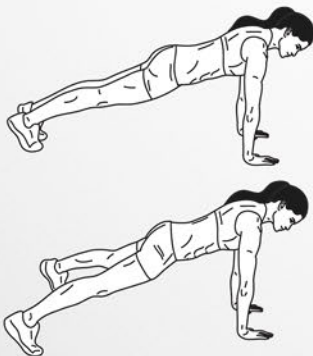
20 high knees



4 climbers



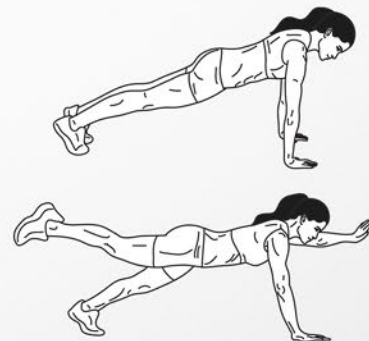
20 jumping jacks



4 plank jacks



20 butt-kicks



4 alt arm / leg raises

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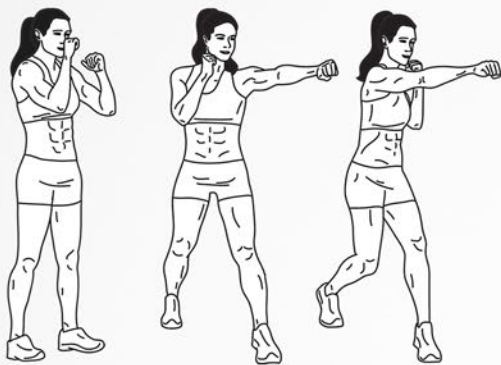
Day 14 | Combat

Level I 3 sets

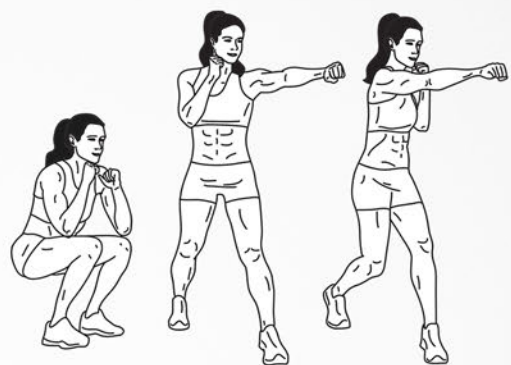
Level II 5 sets

Level III 7 sets

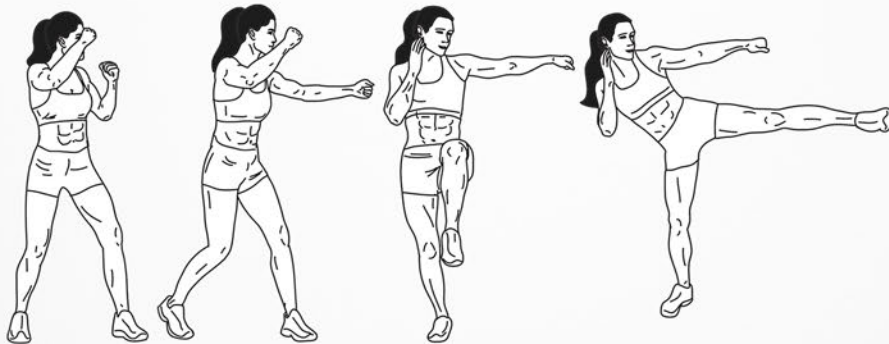
2 minutes rest between sets



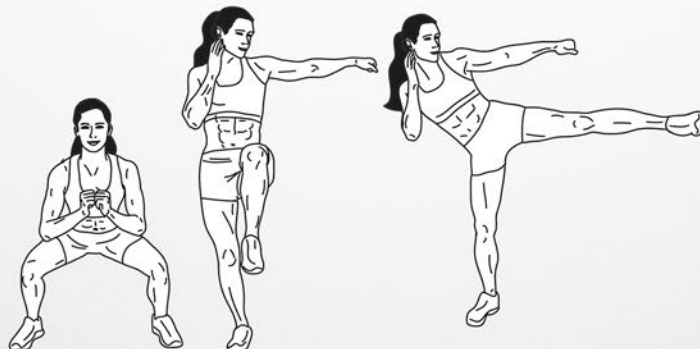
**20combos** jab + cross



**20combos** squat + jab + cross



**20combos** backfist + side kick



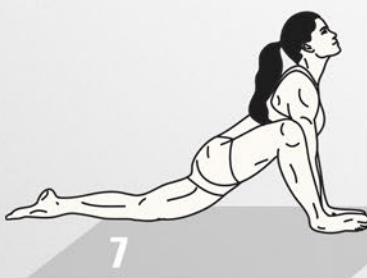
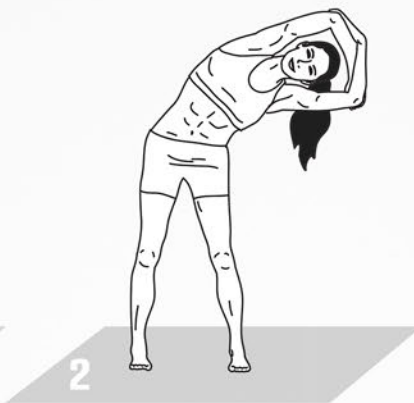
**20combos** squat + side kick

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## Day 15 | Yoga

Hold each pose for 20 seconds then move on to the next one. Repeat the sequence again on the other side.





# Athena's PLAYBOOK

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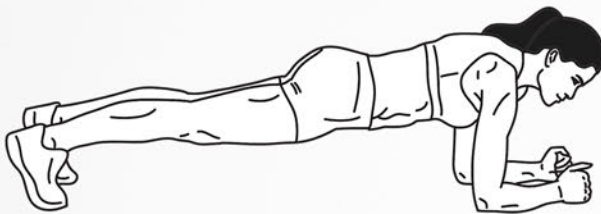
Day 16 | Upper Body

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**10-count** plank hold

**20** punches

**10-count** plank hold

**20** punches

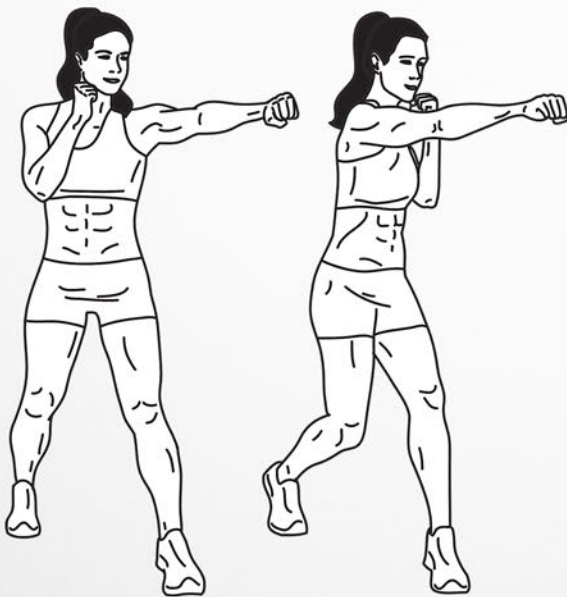
**10-count** plank hold

**20** punches

**10-count** plank hold

**20** punches

done



# Athena's PLAYBOOK

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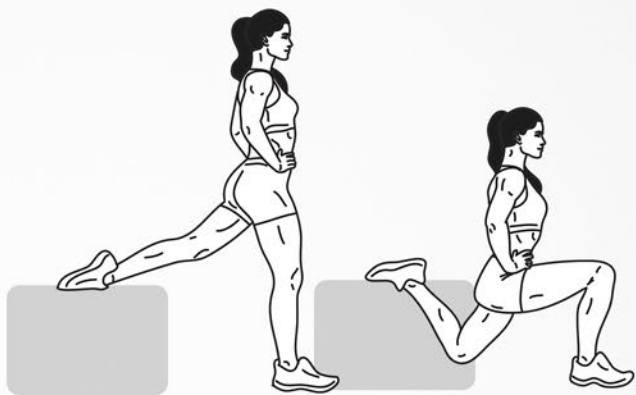
Day 17

Lower Body

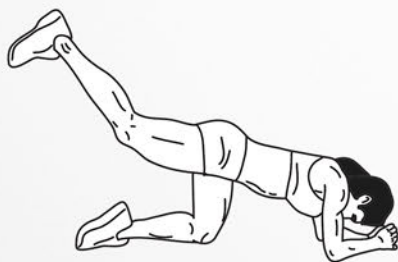
2 minutes rest  
between exercises



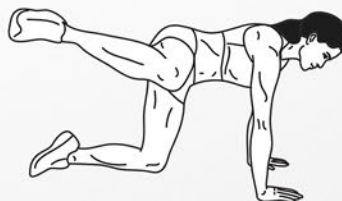
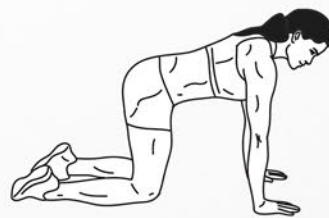
**10** jumping lunges **x 4 sets** in total  
2 sets left side / 2 sets right side  
20 seconds rest between sets



**10** split squats **x 4 sets** in total  
2 sets left side / 2 sets right side  
20 seconds rest between sets



**20** back kicks **x 4 sets** in total  
2 sets left side / 2 sets right side  
20 seconds rest between sets



**20** side leg lifts **x 4 sets** in total  
2 sets left side / 2 sets right side  
20 seconds rest between sets

# Athena's PLAYBOOK

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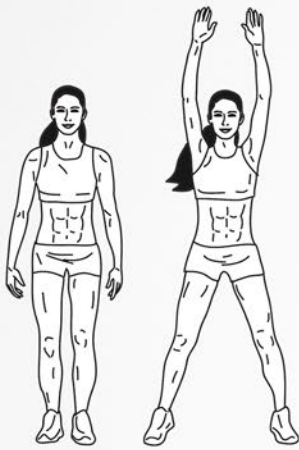
Day 18 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

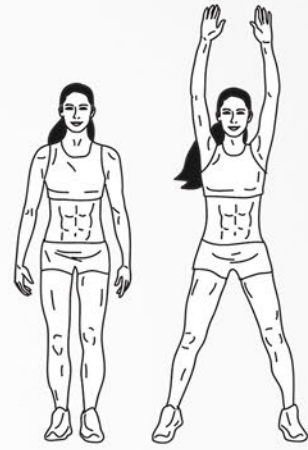
2 minutes rest between sets



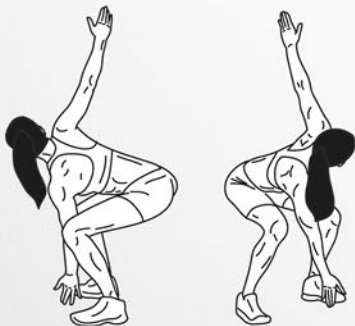
20 jumping jacks



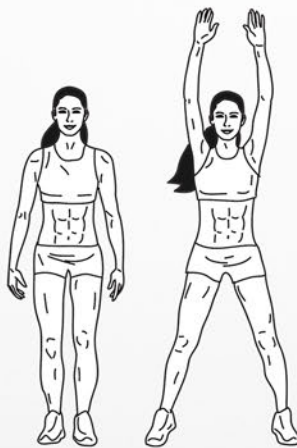
4 side lunges



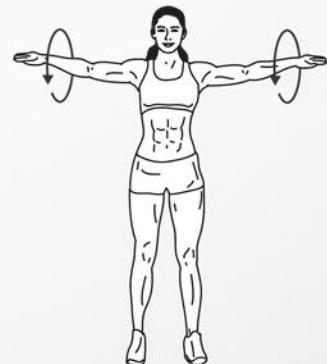
20 jumping jacks



4 windmills



20 jumping jacks



20 raised arm circles

# Athena's PLAYBOOK

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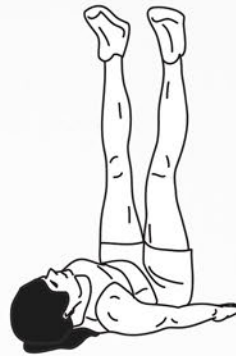
Day 19

Tendon Strength

2 minutes rest  
between exercises



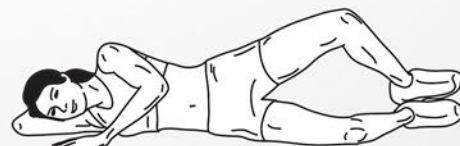
**40** push kicks **x 2 sets** in total  
1 set left side / 1 set right side  
20 seconds rest between sets



**20** V-extensions **x 2 sets** in total  
1 set left side / 1 set right side  
20 seconds rest between sets



**40** side leg raises **x 2 sets** in total  
1 set left side / 1 set right side  
20 seconds rest between sets



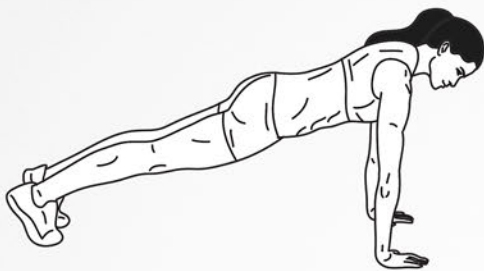
**20** clamshells **x 2 sets** in total  
1 set left side / 1 set right side  
20 seconds rest between sets

# Athena's PLAYBOOK

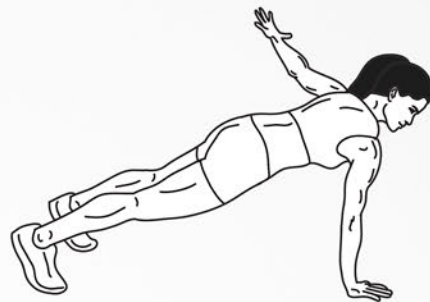
© darebee.com

Day 20 | Abs

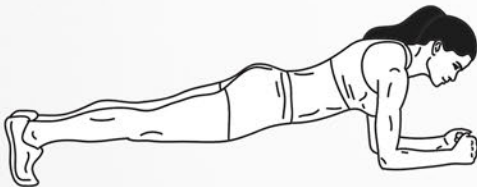
no sets | keep the plank  
throughout  
the sequence



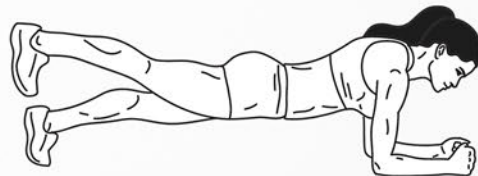
**20sec** plank



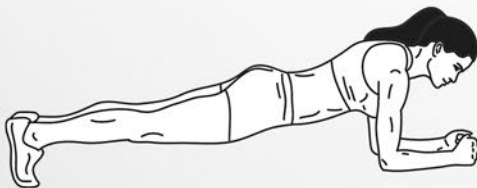
**40sec** one arm plank  
20 seconds per arm



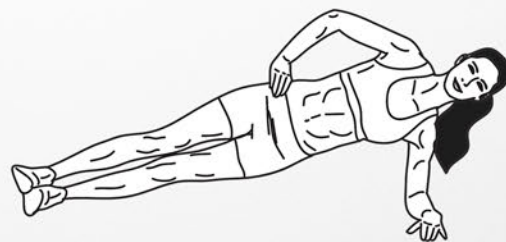
**20sec** elbow plank



**20sec** raised leg elbow plank  
10 seconds per leg



**40sec** elbow plank



**40sec** side elbow plank  
20 seconds per side

# Athena's PLAYBOOK

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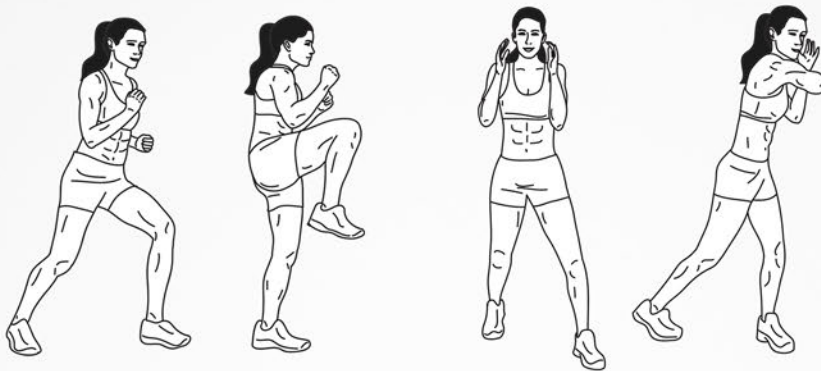
Day 21 | Combat

Level I 3 sets

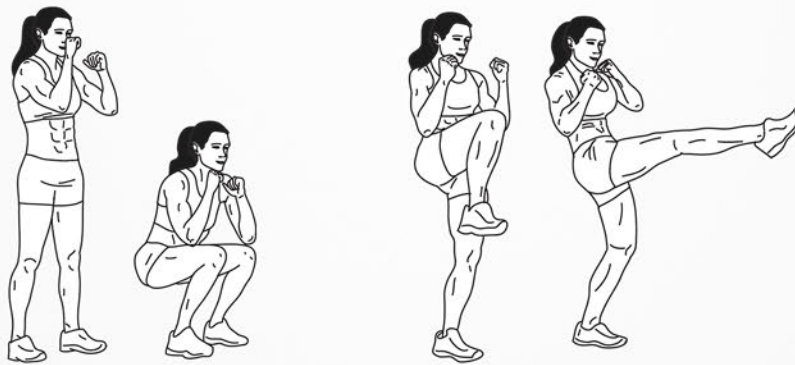
Level II 5 sets

Level III 7 sets

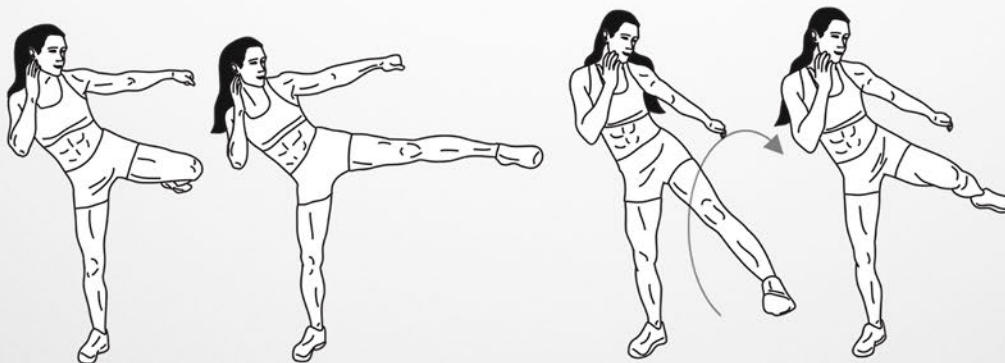
2 minutes rest between sets



**20combos** knee strike + elbow strike



**20combos** squats + front kick



**20combos** turning kick + hook kick

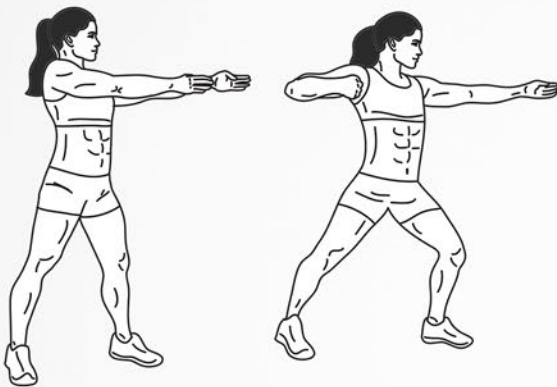
# Athena's PLAYBOOK

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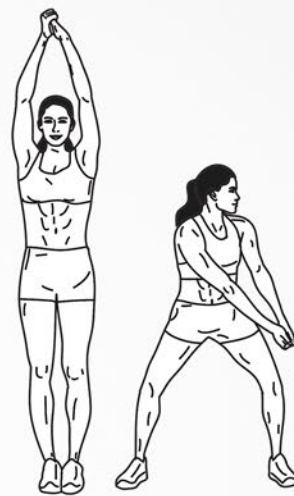
Day 22

Upper Body

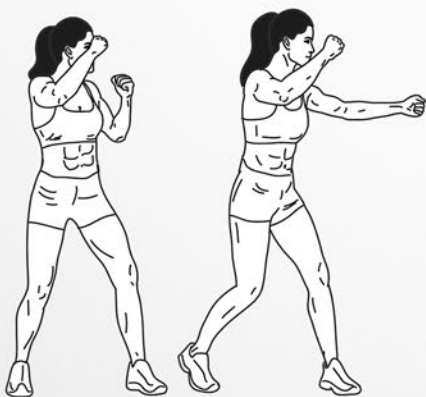
2 minutes rest  
between exercises



**20** archers x **4 sets** in total  
20 seconds rest between sets



**20** cross chops x **4 sets** in total  
20 seconds rest between sets



**20** backfists x **4 sets** in total  
20 seconds rest between sets



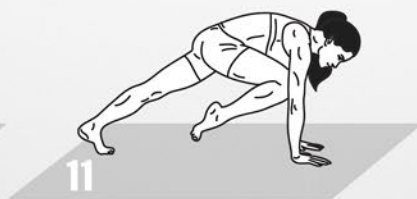
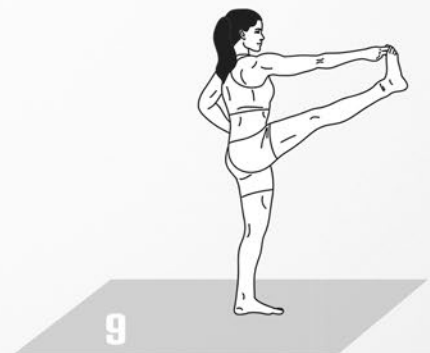
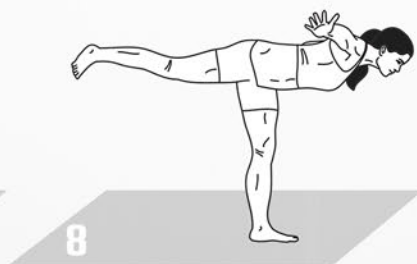
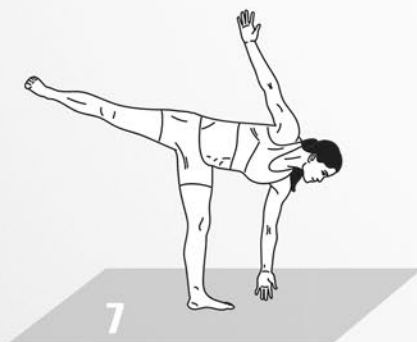
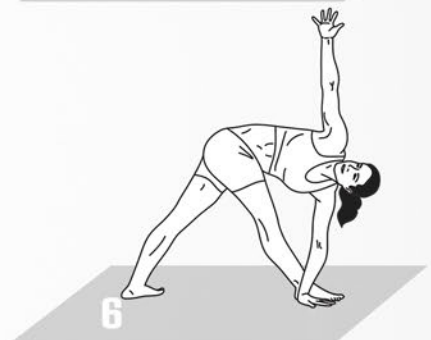
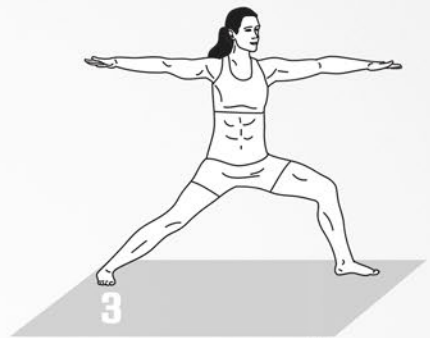
**5 minutes** raised arm hold

# Athena's PLAYBOOK

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## Day 23 | Yoga

Hold each pose for 20 seconds then move on to the next one. Repeat the sequence again on the other side.





# Athena's PLAYBOOK

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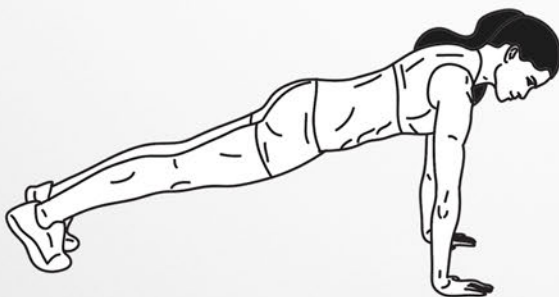
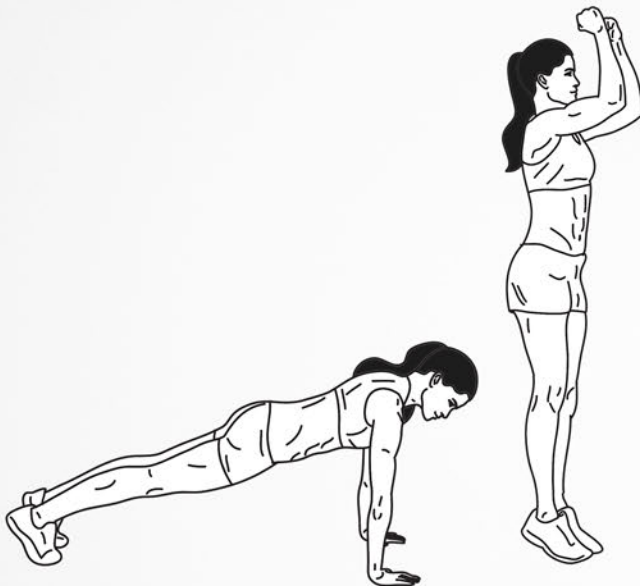
Day 24 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



5 basic burpees w / jump

10-count plank hold

5 basic burpees w / jump

10-count plank hold

5 basic burpees w / jump

10-count plank hold

5 basic burpees w / jump

10-count plank hold

5 basic burpees w / jump

10-count plank hold

done

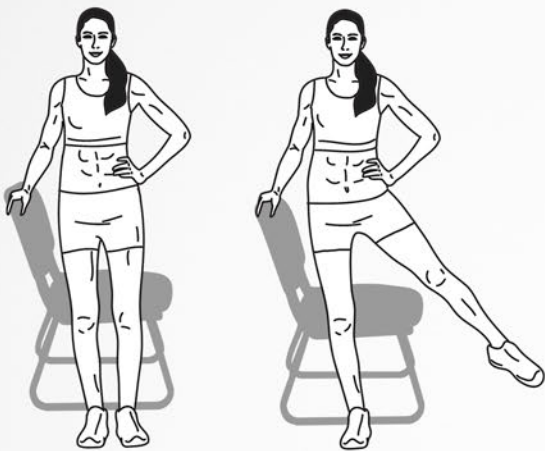
# Athena's PLAYBOOK

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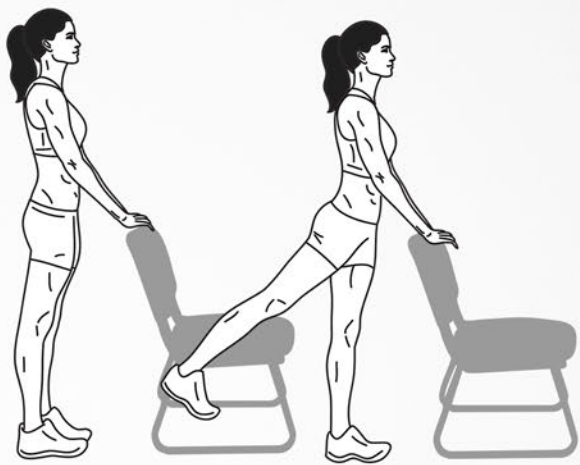
Day 25

Lower Body

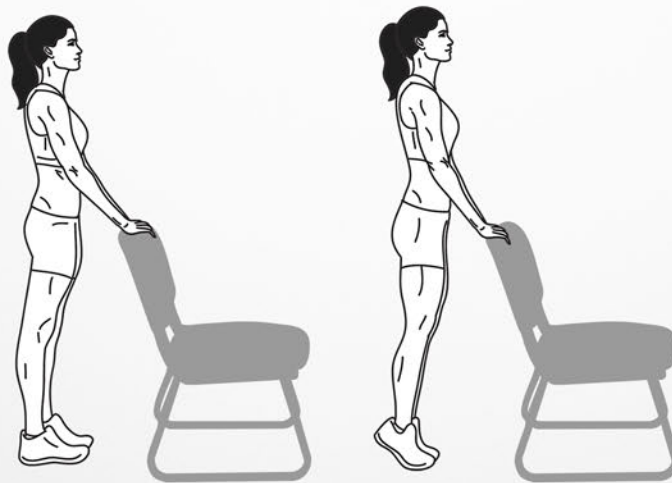
2 minutes rest  
between exercises



**50** side leg raises **x 4 sets** in total  
2 sets left leg / 2 sets right leg  
20 seconds rest between sets



**50** back leg raises **x 4 sets** in total  
2 sets left leg / 2 sets right leg  
20 seconds rest between sets



**30** calf raises **x 3 sets** in total  
20 seconds rest between sets

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Day 26 | Abs

Level I 2 sets

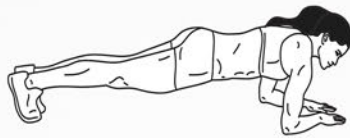
Level II 3 sets

Level III 4 sets

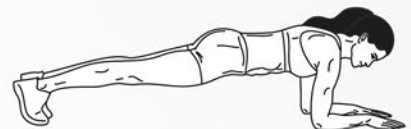
2 minutes rest between sets



10 plank leg raises



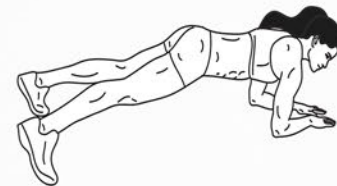
10 plank side-step



10 plank knee-ins



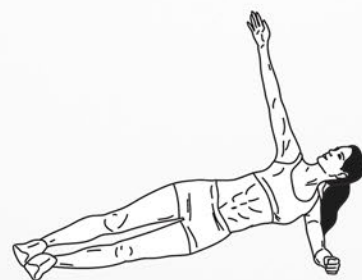
10 side bridges



10 side plank rotations



10 side plank leg raises



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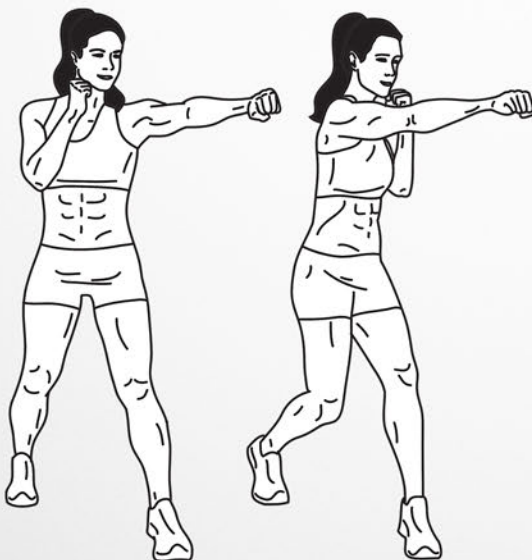
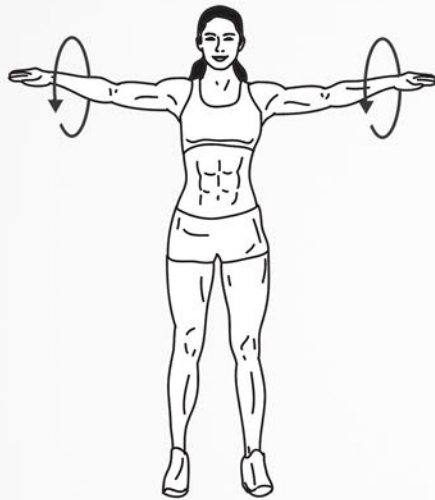
Day 27 | Upper Body

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



Keep your arms up:

**10** raised arm circles

**20** punches

**10** raised arm circles

**20** punches

**10** raised arm circles

**20** punches

**10** raised arm circles

**20** punches

done

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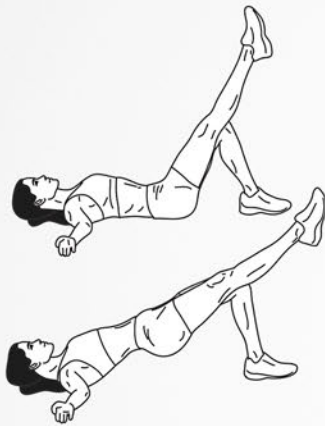
Day 28 | Lower Body

Level I 3 sets

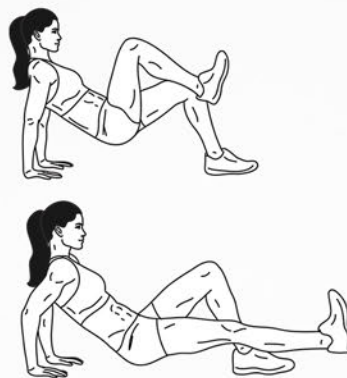
Level II 4 sets

Level III 5 sets

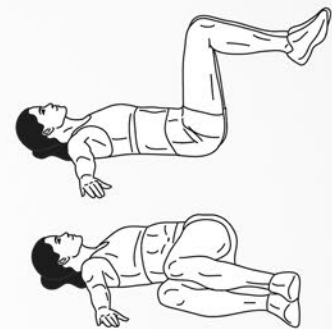
2 minutes rest between sets



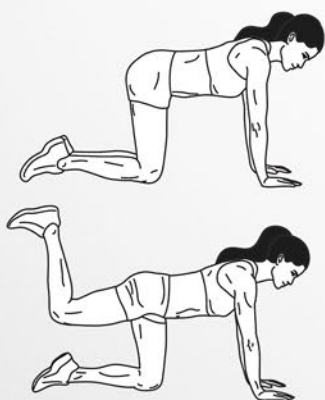
20 single leg bridges



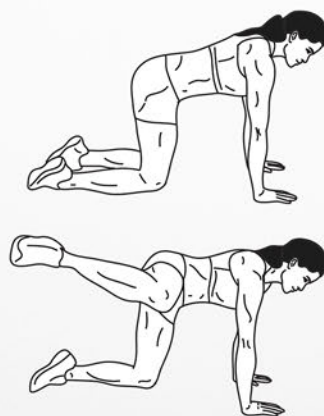
20 push kicks



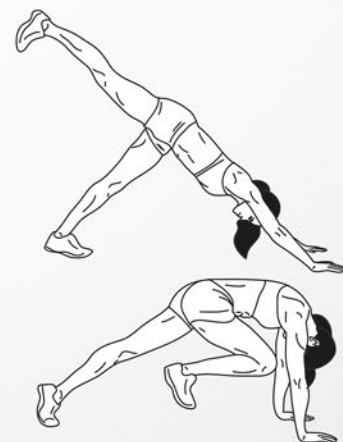
10 half wipers



20 donkey kicks



20 side leg lifts



10 knee-in back kicks

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Day 29 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



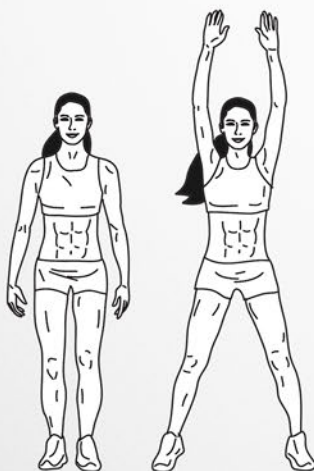
20 high knees



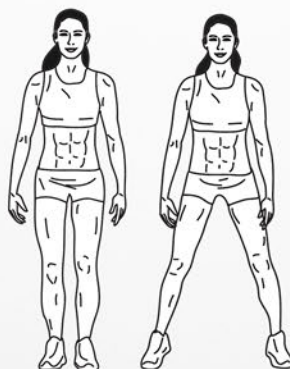
10 butt kicks



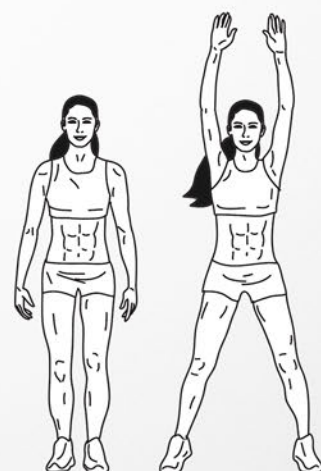
20 high knees



10 jumping jacks



20 half jacks



10 jumping jacks

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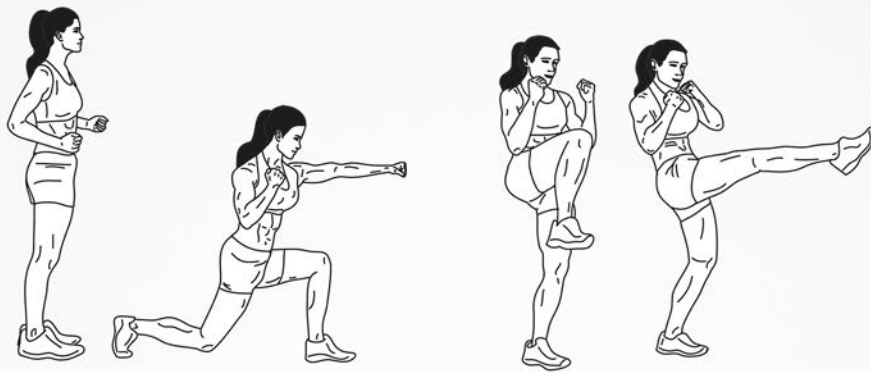
Day 30 | Combat

Level I 3 sets

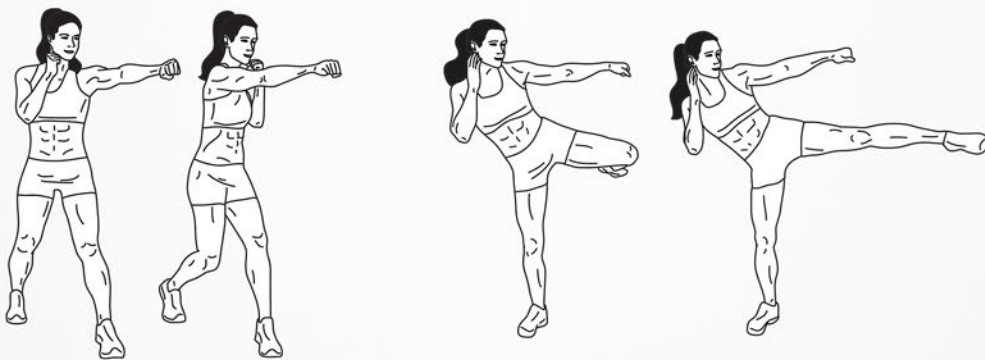
Level II 5 sets

Level III 7 sets

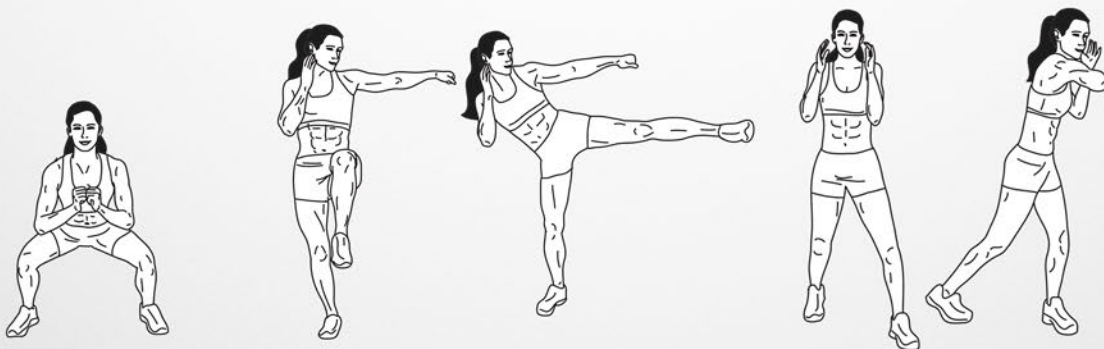
2 minutes rest between sets



**20combos** lunge punch + front kick



**20combos** jab + cross + turning kick



**20combos** squat + side kick + elbow strike

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