A person in a garment holding a trident

Description automatically generated

**Embark on the “Trident Triumph Circuit” with a blend of strength and agility, drawing from the depths of the ocean for a transformative fitness experience. Immerse yourself in this routine that mirrors the power and resilience of Atlantis.**

1. **Ocean Wave Swimmers:** 3 sets of 30 sec.

- Lie face down, arms extended in front. Lift arms, chest, and legs off the ground simultaneously. Flutter arms and legs like swimming.

2. **Wave Rider Leg Raises:** 3 sets of 20 reps

- Lie on your back, arms under butt. Lift your legs in a fluid, wave-like motion, engaging your core.

3. **Clams w/Band:** 3 sets of 15 reps

- Put band right above knee and lay on side. Open legs like a clam. Keeping your feet together like the hinge of the clam.

4. **Crab Walk w/Band:** 3 sets of 15 steps

- Put band right above knee and squat down, walk side to side like a crab in the ocean.

5**. Starfish Crunch:** 3 sets of 20 reps

- Lie on your back and stretch your arms and legs like a starfish. Alternating opposite arm to leg crunch.

6. **Deep Dive DB Rows (Plank Position):** 3 sets of 15 reps each side

- In a hand plank position, pull the weights up towards your armpit, mimicking the strength of a deep-sea dive.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercises:** | **Sets**  **Reps**  **Wt.** | **M** | **T** | **W** | **T** | **F** | **S** | **S** |
| A person doing a side plank  Description automatically generated**Swimmers** | **3 sets** |  |  |  |  |  |  |  |
| **30 sec.** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Leg Lift Illustrations, Royalty-Free Vector Graphics & Clip Art - iStock**Leg**  **Raises** | **3 sets** |  |  |  |  |  |  |  |
| **20 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| How to do Banded Clams Exercise with Proper Form and Technique ...  **Clams** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Lateral Crab Walk using short loop booty band**Crab**  **Walk** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| 4 NAJSKUTECZNIEJSZE ćwiczenia na dolne mięśnie brzucha - Motywacja non ...**Starfish**  **Crunch** | **3 sets** |  |  |  |  |  |  |  |
| **20 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Man doing Renegade.Alternating plank. Commando Rows exercise. Flat ...**Plank**  **Row** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |

As you surface from the “**Trident Triumph Circuit**”, relish the strength, agility, and aquatic inspiration that define this workout. Channel the spirit of Aquaman and emerge from each exercise as a triumphant ruler of your fitness domain. Conquer the waves, both in the gym and in life, with the power of Atlantis behind every move.

**A red cape with a yellow sign

Description automatically generatedName When Completed:**