



# SPARTAN TRAINING

9 WEEKS

TO TRAIN!

PLAN



**SPARTAN™**



**READY  
TO START!**

# WOD LEGEND

**SPRINT - SUPER - BEAST**

**SPARTAN WARM UP:30 BURPEES!**

## WOD TYPES

### AMRAP AS MANY REPS AS POSSIBLE

IN AN AMRAP WORKOUT, YOU PERFORM A SPECIFIC MOVE AS MANY TIMES AS POSSIBLE WITHIN A DESIGNATED AMOUNT OF TIME

### EMOM EVERY MINUTE ON THE MINUTE

IN AN EMOM WORKOUT, YOU PERFORM A SPECIFIC MOVE AT THE START OF EVERY MINUTE. THEN YOU REPEAT THE PATTERN A DESIGNATED NUMBER OF TIMES FOR THE DURATION OF THE ROUTINE

### TABATA

IS A HIGH-INTENSITY TRAINING THAT CONSISTS OF EIGHT SETS OF FAST-PACED EXERCISES EACH PERFORMED FOR 20 SECONDS INTERSPERSED WITH A BRIEF REST OF 10 SECONDS

## OBSTACLES LIST

### BACK LUNGES

STAND UPRIGHT, WITH YOUR HANDS AT YOUR HIPS. TAKE A LARGE STEP BACKWARD WITH YOUR LEFT FOOT. LOWER YOUR HIPS SO THAT YOUR RIGHT THIGH (FRONT LEG) BECOMES PARALLEL TO THE FLOOR WITH YOUR RIGHT KNEE POSITIONED DIRECTLY OVER YOUR ANKLE. YOUR LEFT KNEE SHOULD BE BENT AT A 90-DEGREE ANGLE AND POINTING TOWARD THE FLOOR WITH YOUR LEFT HEEL LIFTED. RETURN TO STANDING BY PRESSING YOUR RIGHT HEEL INTO THE FLOOR AND BRINGING YOUR LEFT LEG FORWARD TO COMPLETE ONE REP. ALTERNATE LEGS, AND STEP BACK WITH RIGHT LEG.

### BEAR CRAWL

START ON ALL FOURS AND LIFT YOUR KNEES SO THEY'RE AT A 90-DEGREE ANGLE AND HOVERING AN INCH OFF THE GROUND. MOVE ONE HAND AND THE OPPOSITE FOOT FORWARD AN EQUAL DISTANCE WHILE STAYING LOW TO THE GROUND. SWITCH SIDES, MOVING THE OPPOSITE HAND AND FOOT. REPEAT THE MOVEMENT WHILE ALTERNATING SIDES.

### BURPEES

PLACE HANDS ON THE GROUND SHOULDER-WIDTH APART  
JUMP TO PUSH-UP POSITION  
LOWER CHEST AND THIGHS TO THE GROUND  
JUMP FEET UP TO HANDS  
JUMP VERTICALLY WITH FULL HIP AND KNEE EXTENSION  
ARMS EXTEND OVERHEAD DURING THE JUMP

### BURPEES TUCK JUMP

THE BURPEE TUCK JUMP IS AN EXPLOSIVE VERSION OF THE BURPEE EXERCISE THAT ADDS A TUCK JUMP TO THE TOP OF EACH REP

### BOX JUMP

HIP-WIDTH STANCE  
JUMP ONTO THE BOX USING A TWO-FOOT TAKE-OFF  
BOTH FEET LAND ON THE BOX SIMULTANEOUSLY  
KEEP THE KNEES IN LINE WITH TOES  
COMPLETE AT FULL HIP AND KNEE EXTENSION  
JUMP PT STEP DOWN TO BEGIN THE NEXT REPETITION

### CRUNCH

LIE DOWN ON YOUR BACK. PLANT YOUR FEET ON THE FLOOR, HIP-WIDTH APART. BEND YOUR KNEES AND PLACE YOUR ARMS ACROSS YOUR CHEST. CONTRACT YOUR ABS AND INHALE. EXHALE AND LIFT YOUR UPPER BODY, KEEPING YOUR HEAD AND NECK RELAXED. INHALE AND RETURN TO THE STARTING POSITION

### GOBLET SQUAT

START WITH A LIGHT DUMBBELL AND HOLD IT VERTICALLY BY ONE END. HUG IT TIGHT AGAINST YOUR CHEST. WITH YOUR ELBOWS POINTING DOWN, LOWER YOUR BODY INTO A SQUAT. ALLOW YOUR ELBOWS TO BRUSH PAST THE INSIDES OF YOUR KNEES AS YOU DESCEND. IT'S OKAY TO PUSH YOUR KNEES OUT. RETURN TO A STANDING POSITION. YOUR UPPER BODY SHOULD HARDLY MOVE IF YOU'RE USING YOUR LEGS, HIPS, AND LOWER BACK AS A UNIT.

### DEVIL PRESS

LET THE DUMBBELLS HANG NEXT TO THE BODY  
HIP HINGE LOWER THE WEIGHTS TO THE GROUND (PREFERABLY INLINE WITH SHOULDERS)  
LOWER THE BODY TO THE GROUND  
PERFORM A SEMI-EXPLOSIVE TRICEPS PUSH-UP  
FOLLOW THROUGH AND KICK THE LEGS IN  
CONTRACT THE GLUTEUS MAXIMUS FOR A STATIC HIP HINGE  
FIRM ABS  
PULL THE DUMBBELLS ALL THE WAY BACK BETWEEN THE LEGS  
CONTRACT THE GLUTEUS MAXIMUS AND HAMSTRINGS TO PULL THE PELVIS UP  
KEEP THE SPINE RIGID  
CLEAN AND RACK  
PRESS  
STAND UP STRAIGHT AND ACHIEVE A PROPER OVERHEAD LOCKOUT  
LOWER DUMBBELLS TO HANGING NEXT TO THE BODY

### GRASSHOPPER

GET IN A STANDARD PUSH-UP POSITION  
SWING YOUR RIGHT LEG UP IN UNDERNEATH YOU KICKING YOUR FOOT OUT  
THEN SWING IT BACK AND BRING IT TO THE STARTING POSITION  
THEN REPEAT ON THE OPPOSITE SIDE

### HOLLOW POSITION

LIE ON YOUR BACK WITH YOUR LEGS TOGETHER AND YOUR ARMS EXTENDED BEHIND YOUR HEAD. RAISE YOUR ARMS, SHOULDERS AND LEGS OFF THE GROUND AT THE SAME TIME, UNTIL THEY'RE HOVERING ABOUT 15 CM ABOVE THE FLOOR. YOUR LOWER BACK SHOULD BE PRESSED INTO THE FLOOR AT ALL TIMES DURING THE EXERCISE

### HOLLOW ROCKS

START IN SUPINE POSITION  
ARMS EXTEND OVERHEAD  
LEGS EXTEND AND PRESS TOGETHER  
ELIMINATE SPACE WITHIN LUMBAR SPINE BY CONTRACTING THE ABDOMINALS  
ROCK IN THIS POSITION MINIMIZING MOVEMENT AT THE HIP AND SHOULDER



# WOD LEGEND

**SPRINT - SUPER - BEAST**

**SPARTAN WARM UP:30 BURPEES!**

## WOD TYPES

### FOR TIME

DO THE EXERCISES LISTED IN THE REP. ASSIGNED. NO TIME. COMPLETE THE SEQUENCE IN THE TIME YOU NEED.

### PYRAMIDAL

THE SEQUENCE OF THE EXERCISE REMAINS THE SAME. THE NUMBER OF REPETITIONS INCREASE OR DECREASE ACCORDING TO THE EFFORTS REQUESTED.

### ABS

THE SEQUENCE FOCUSED ON THE ABDOMINAL.

## OBSTACLES LIST

### JUMPING LUNGES

STARTING STANDING WITH FEET SHOULDER-WIDTH APART, JUMP YOUR LEFT LEG FORWARD AND YOUR RIGHT LEG BACK INTO A LUNGE, WITH BOTH KNEES AT 90 DEGREES. JUMP UP AND SWITCH YOUR LEGS IN MIDAIR SO THAT YOU LAND IN A LUNGE WITH YOUR RIGHT LEG IN FRONT. CONTINUE JUMPING BACK AND FORTH, PAUSING AS LITTLE AS POSSIBLE

### JUMPING JACK

STAND UPRIGHT WITH YOUR LEGS TOGETHER, ARMS AT YOUR SIDES. BEND YOUR KNEES SLIGHTLY, AND JUMP INTO THE AIR. AS YOU JUMP, SPREAD YOUR LEGS TO BE ABOUT SHOULDER-WIDTH APART. STRETCH YOUR ARMS OUT AND OVER YOUR HEAD. JUMP BACK TO STARTING POSITION. REPEAT.

### KNEE UP

SKIP FORWARD, LIFTING YOUR LEAD KNEE TO WAIST HEIGHT WHILE KEEPING YOUR BACK LEG STRAIGHT AS YOU COME OFF YOUR TOE. CONTINUE MOVING FORWARD IN THIS MANNER—ALTERNATING LEGS—AND STRIKING THE GROUND WITH YOUR MIDFOOT OR FOREFOOT WHILE SWINGING YOUR OPPOSITE ARM IN UNISON WITH YOUR LEAD LEG.

### KNEE UP JUMP LUNGES

START IN A STANDING POSITION AND THEN STEP BACK WITH THE RIGHT FOOT INTO A LUNGE. DRIVE THROUGH THE LEFT HEEL AND BRING THAT RIGHT LEG UP TO A HIGH KNEE AND JUMP ON THE LEFT FOOT. YOU CAN USE YOUR ARMS IN A RUNNING MOTION TO SUPPORT THIS MOVEMENT (OPPOSITE ARM AS LEG).

### MILITARY PRESS

WIDTH STANCE, DUMBBELLS REST ON SHOULDERS, ELBOWS SLIGHTLY IN FRONT OF THE BODY, DUMBBELLS MOVE OVER THE MIDDLE OF THE FOOT, TORSO AND LEG REMAIN STATIC, HEELS DOWN. SHOULDER PUSH UP INTO THE DUMBBELLS, COMPLETE AT FULL ARM EXTENSION

HIP-

### MOUNTAIN CLIMBER

GET INTO A PLANK POSITION MAKING SURE TO DISTRIBUTE YOUR WEIGHT EVENLY BETWEEN YOUR HANDS AND YOUR TOES. CHECK YOUR FORM—YOUR HANDS SHOULD BE ABOUT SHOULDER-WIDTH APART, BACK FLAT, ABS ENGAGED, AND HEAD IN ALIGNMENT. PULL YOUR RIGHT KNEE INTO YOUR CHEST AS FAR AS YOU CAN. THEN SWITCH, PULLING THAT KNEE OUT AND BRINGING THE OTHER KNEE IN. KEEPING YOUR HIPS DOWN, RUN YOUR KNEES IN AND OUT AS FAR AND AS FAST AS YOU CAN. ALTERNATE INHALING AND EXHALING WITH EACH LEG CHANGE.

### ONE LEG DEADLIFT

BEGIN STANDING WITH YOUR FEET HIP-WIDTH APART AND PARALLEL. LEAN FORWARD IN YOUR HIPS, SHIFTING YOUR WEIGHT ONTO ONE LEG WHILE YOUR OTHER LEG ENGAGES AND STARTS TO EXTEND STRAIGHT BEHIND YOU. LIFT YOUR EXTENDED LEG AND PITCH YOUR BODY FORWARD UNTIL YOUR BODY FORMS A "T" SHAPE.

### OVERHEAD LUNGES

HOLD DUMBBELLS AT FULL ARM EXTENSION. MAINTAIN LOCKOUT THROUGHOUT MOVEMENT

ONE LEG STEPS FORWARD

KEEP HEEL OF FORWARD LEG DOWN  
RAISE HEEL OF BACK LEG  
LOWER TORSO UNTIL BACK KNEE TOUCHES THE GROUND

FORWARD LEG SHIN REMAINS RELATIVELY VERTICAL  
COMPLETE AT FULL HIP AND KNEE EXTENSION  
OPPOSITE LEG BEGINS NEXT STEP  
(CAN BE PERFORMED WITH 1 OR 2 DUMBBELLS)

### PLANK

PLANT HANDS DIRECTLY UNDER SHOULDERS (SLIGHTLY WIDER THAN SHOULDER WIDTH) LIKE YOU'RE ABOUT TO DO A PUSH UP. GROUND TOES INTO THE FLOOR AND SQUEEZE GLUTES TO STABILIZE YOUR BODY. YOUR LEGS SHOULD BE WORKING, TOO — BE CAREFUL NOT TO LOCK OR HYPEREXTEND YOUR KNEES. NEUTRALIZE YOUR NECK AND SPINE BY LOOKING AT A SPOT ON THE FLOOR ABOUT A FOOT BEYOND YOUR HANDS. YOUR HEAD SHOULD BE IN LINE WITH YOUR BACK.

### PLANK SIDE WALK

BEGIN IN PLANK POSITION WITH YOUR HANDS UNDERNEATH YOUR SHOULDERS, BODY IN ONE STRAIGHT LINE. SIMULTANEOUSLY CROSS YOUR RIGHT HAND OVER YOUR LEFT, AS YOU STEP YOUR LEFT FOOT TO THE LEFT. THEN SIMULTANEOUSLY STEP YOUR LEFT HAND AND RIGHT FOOT TO THE LEFT, SO YOU'RE BACK IN PLANK POSITION

### PLANK WALK

START IN A PRONE PLANK POSITION, RESTING ON YOUR FOREARMS WITH YOUR BODY FORMING A STRAIGHT LINE FROM SHOULDERS TO FEET. THEN PUSH UP FROM THE GROUND, ONE ARM AT A TIME, INTO THE ELEVATED PRESS-UP POSITION, ALL WHILE MAINTAINING YOUR RIGID PLANK FORM.

### PISTOL SQUAT

BALANCE ON ONE LEG WITH THE NONWORKING LEG IN FRONT OF THE BODY  
STANDING LEG HIP DESCENDS BACK AND DOWN  
STANDING LEG HIP DESCENDS LOWER THAN KNEE  
STANDING LEG KNEE STAYS IN LINE WITH TOES  
STANDING LEG HEEL STAYS DOWN  
NONWORKING LEG DOES NOT TOUCH THE GROUND  
COMPLETE AT FULL HIP AND KNEE EXTENSION OF STANDING LEG  
KEEP THE CHEST UP AS MUCH AS POSSIBLE



# WOD LEGEND

**SPRINT - SUPER - BEAST**

## **SPARTAN WARM UP:30 BURPEES!**

### **OBSTACLES LIST**

#### **PULL UP**

HANDS JUST OUTSIDE SHOULDER-WIDTH  
FULL GRIP ON THE BAR  
START HANGING WITH ARMS EXTENDED  
CHEST STAYS UP WITH THE EYE FORWARD  
PULL UNTIL CHIN IS HIGHER THAN THE BAR  
COMPLETE AT FULL ARM EXTENSION

#### **PUSH UP**

HANDS APPROXIMATELY SHOULDER-WIDTH  
APART  
LEGS TOGETHER WITH ONLY THE BALLS OF THE  
FEET ON THE GROUND  
START WITH ARMS EXTENDED  
BODY REMAINS RIGID  
LOWER CHEST AND THIGHS TO THE GROUND  
ELBOWS IN CLOSE TO THE BODY  
COMPLETE AT FULL ARM EXTENSION

#### **RENEGADE ROW**

PLACE TWO DUMBBELLS OR KETTLEBELLS  
ABOUT SHOULDER-WIDTH APART ON THE  
FLOOR AND ASSUME A PUSH-UP POSITION  
WITH HANDS ON THE HANDLES. PUSH HARD  
INTO THE GROUND WITH ONE HAND (KEEPING  
ELBOW LOCKED) WHILST SIMULTANEOUSLY  
PULLING THE WEIGHT TO YOUR WAIST WITH  
THE OTHER HAND.

#### **RUSSIAN SWING**

BEGIN BY HOLDING THE KETTLEBELL WITH BOTH  
HANDS JUST BELOW THE GROIN, FEET HIP-WIDTH  
APART. BE SURE YOUR SPINE IS NEUTRAL, NOT  
ROUNDED FORWARD, AND YOUR CORE IS ENGAGED.  
THINK ABOUT KEEPING YOUR SHOULDER BLADES  
SLIGHTLY PINCHED TOGETHER TO AVOID ROUNDING  
FORWARD. NOW BEND YOUR KNEES SLIGHTLY,  
HINGE UPWARD, AND PUSH THE KETTLEBELL INTO A  
SWING USING THE FORCE OF YOUR HIPS AND  
GLUTES. SWING THE KETTLEBELL TO CHEST LEVEL,  
AVOIDING LETTING YOUR SHOULDERS "CREEP UP"  
TO YOUR EARS. LET THE KETTLEBELL SWING BACK TO  
YOUR STARTING POSITION BY HINGING AGAIN AT THE  
HIPS, EXTENDING THE KETTLEBELL BEHIND  
YOU. REPEAT.

#### **RUSSIAN TWIST**

SIT ON YOUR SIT BONES AS YOU LIFT YOUR FEET  
FROM THE FLOOR, KEEPING YOUR KNEES BENT.  
ELONGATE AND STRAIGHTEN YOUR SPINE AT A 45-  
DEGREE ANGLE FROM THE FLOOR, CREATING A V  
SHAPE WITH YOUR TORSO AND THIGHS. REACH  
YOUR ARMS STRAIGHT OUT IN FRONT, INTERLACING  
YOUR FINGERS OR CLASPING YOUR HANDS  
TOGETHER. USE YOUR ABDOMINALS TO TWIST TO  
THE RIGHT, THEN BACK TO CENTER, AND THEN TO  
THE LEFT.

#### **SIDE PLANK**

START ON YOUR SIDE WITH YOUR FEET TOGETHER  
AND ONE FOREARM DIRECTLY BELOW YOUR  
SHOULDER. CONTRACT YOUR CORE AND RAISE  
YOUR HIPS UNTIL YOUR BODY IS IN A STRAIGHT LINE  
FROM HEAD TO FEET. HOLD THE POSITION WITHOUT  
LETTING YOUR HIPS DROP FOR THE ALLOTTED TIME  
FOR EACH SET, THEN REPEAT ON THE OTHER SIDE.

#### **SIT UP**

SOLES OF THE FEET TOGETHER  
HANDS TOUCH THE GROUND AT THE BEGINNING  
FLEX THE ABDOMINALS PULLING THE TORSO TO  
SEATED  
REACH THE ARMS FORWARD DURING THE ASCENT  
COMPLETE WITH THE SHOULDERS ABOVE HIPS  
AND SPINE EXTENDED

#### **SKI JUMPING JACK**

TO DO THE SKIER JUMPING JACK, START STANDING  
WITH YOUR FEET TOGETHER AND YOUR ARMS  
DOWN BY YOUR SIDES. THEN JUMP ONE FOOT  
FORWARD AND THE OTHER FOOT BACK AS YOU  
SWING THE OPPOSITE ARM UP AND FORWARD  
AND THE OTHER HAND BACK AND DOWN  
TOWARD THE GROUND.

#### **SQUAT** WIDTH STANCE

KNEES IN LINE WITH TOES  
LUMBAR CURVE MAINTAINED  
HIPS DESCEND BACK AND DOWN  
HIPS DESCEND LOWER THAN KNEES  
HEELS DOWN  
COMPLETE A FULL HIP AND KNEE EXTENSION

SHOULDER-

#### **SQUAT JUMP**

STAND WITH YOUR FEET SHOULDER-WIDTH  
APART. START BY DOING A REGULAR SQUAT,  
ENGAGE YOUR CORE, AND JUMP UP EXPLOSIVELY.  
WHEN YOU LAND, LOWER YOUR BODY BACK INTO  
THE SQUAT POSITION TO COMPLETE ONE REP.  
MAKE SURE YOU LAND WITH YOUR ENTIRE FOOT  
ON THE GROUND.

#### **SINGLE UNDER**

HOLD HANDS SLIGHTLY IN FRONT OF HIPS.  
JUMP A FEW INCHES OFF THE GROUND  
KEEPING TORSO UPRIGHT WITH BODY  
STRAIGHT. SPIN WRISTS SO THE ROPE  
PASSES THE FEET ONCE WITH EVERY JUMP

#### **SNATCH**

STAND WITH YOUR FEET SHOULDER-WIDTH  
APART, HOLDING A DUMBBELL IN AN  
OVERHAND GRIP. SIT YOUR HIPS BACK AND  
LOWER INTO A SQUAT, LETTING THE  
DUMBBELL HANG DOWN TO TOUCH THE  
FLOOR DIRECTLY BENEATH YOUR CHEST.  
YOUR BACK SHOULD BE STRAIGHT AND YOU  
SHOULD KEEP YOUR CHEST AND HEAD UP.  
RETURN TO STANDING AND LIFT THE  
DUMBBELL EXPLOSIVELY USING YOUR LEGS  
AND BACK. ONCE IT REACHES THE LEVEL OF  
YOUR HIPS, START PULLING THE DUMBBELL  
UP WITH YOUR ARM, USING THE MOMENTUM  
CREATED BY YOUR LEGS. AS THE DUMBBELL  
REACHES SHOULDER HEIGHT, QUICKLY FLIP  
YOUR ELBOW UNDERNEATH THE WEIGHT  
AND PRESS IT OVERHEAD, LOCKING OUT  
YOUR ELBOW. REVERSE THE MOVEMENT TO  
RETURN TO THE START, MOVING MORE  
SLOWLY THAN IN THE EXPLOSIVE LIFTING  
PHASE. DO ALL YOUR REPS ON ONE SIDE,  
THEN SWITCH.

#### **STEP UP**

PLACE A BENCH OR A BOX IN FRONT OF YOU  
AND STEP ONTO IT WITH ONE FOOT. AS YOU  
PLANT YOUR FOOT, DRIVE WITH YOUR OTHER  
FOOT BRINGING YOUR KNEE UP AS HIGH AS YOU  
CAN. LOWER IT BACK DOWN AND STEPBACK  
ONTO THE FLOOR. REPEAT ON THE OTHER SIDE

#### **SUPERMAN POSITION**

LAY FLAT ON YOUR BELLY WITH YOUR TOES FLAT  
ON THE FLOOR. REACH YOUR ARMS OUT TO THE  
SIDES, WITH YOUR PALMS FLAT ON THE FLOOR  
— FACING DOWN. SCOOP YOUR TAILBONE  
UNDER SLIGHTLY AND BRING YOUR LEGS  
TOGETHER. INHALE, AND LIFT AS MUCH OF YOUR  
BODY OFF OF THE MAT AS YOU CAN.

#### **SWING**

SLIGHTLY WIDER THAN SHOULDER-WIDTH  
STANCE  
HIPS HINGE BACK AND REMAIN ABOVE THE  
KNEES  
LUMBAR CURVE MAINTAINED  
KNEES IN LINE WITH TOES  
HIPS AND LEGS EXTEND RAPIDLY, DRIVING THE  
KETTLEBELL OVERHEAD  
HEELS STAY DOWN UNTIL HIPS AND LEGS  
EXTEND  
ARMS REMAIN STRAIGHT  
HIPS HINGE BACK AS THE KETTLEBELL  
DESCENDS TO BEGIN THE NEXT REP



# WOD LEGEND

**SPRINT - SUPER - BEAST**

## **SPARTAN WARM UP:30 BURPEES!**

### **OBSTACLES LIST**

#### **TABLE PULL UP**

SQUEEZE YOUR ELBOWS IN CLOSE TO YOUR BODY. THE EDGE OF THE TABLE SHOULD LINE UP TO THE MIDDLE OF YOUR CHEST. YOUR SHOULDER BLADES SHOULD COME TOGETHER AT THE TOP OF THE EXERCISE. LIFT YOUR HIPS INTO LINE WITH YOUR KNEES AND SHOULDERS AS YOU PULL YOURSELF UP. USE YOUR FULL RANGE OF MOVEMENT.

#### **THRUSTER**

SHOULDER-WIDTH STANCE  
DUMBBELLS REST ON THE SHOULDERS WITH ELBOWS SLIGHTLY IN FRONT OF THE BODY  
HIPS DESCEND BACK AND DOWN  
LUMBAR CURVE MAINTAINED  
KNEES IN LINE WITH TOES  
HIPS DESCEND LOWER THAN THE KNEES  
HEELS DOWN UNTIL HIPS AND LEGS EXTEND  
HIPS AND LEGS EXTEND RAPIDLY, THEN PRESS DUMBBELLS REMAIN OVER THE MIDDLE OF THE FOOT  
COMPLETE AT FULL HIP, KNEE, AND ARM EXTENSION

#### **TRICEPS DIPS**

SLIDE YOUR BUTT OFF THE FRONT OF THE BENCH WITH YOUR LEGS EXTENDED OUT IN FRONT OF YOU. STRAIGHTEN YOUR ARMS, KEEPING A LITTLE BEND IN YOUR ELBOWS TO KEEP TENSION ON YOUR TRICEPS AND OFF YOUR ELBOW JOINTS. SLOWLY BEND YOUR ELBOWS TO LOWER YOUR BODY TOWARD THE FLOOR UNTIL YOUR ELBOWS ARE AT ABOUT A 90-DEGREE ANGLE

#### **TUCK JUMP**

START BY STANDING WITH YOUR FEET A LITTLE LESS THAN SHOULDER-WIDTH APART. DROP DOWN A LITTLE INTO A QUARTER SQUAT THEN EXPLODE INTO THE AIR. KEEP YOUR BACK STRAIGHT THROUGHOUT, AND TUCK YOUR KNEES UP TOWARDS YOUR CHEST AS MUCH AS POSSIBLE, BEFORE LANDING AS SOFTLY AS YOU CAN. THE LATTER IS TOUGH, AND IT'S IMPORTANT TO ENSURE YOU'RE NOT LEANING IN TOWARDS YOUR KNEES RATHER THAN BRINGING THEM UP TO YOUR CHEST. YOU CAN SWING YOUR ARMS TO INCREASE YOUR MOMENTUM. AIM TO BOTH JUMP HIGHER AND GET YOUR KNEES CLOSER TO YOUR CHEST

#### **UP & DOWN PLANK**

START IN A HIGH PLANK, WITH YOUR ARMS STRAIGHT, ELBOWS BELOW YOUR SHOULDERS AND HANDS BELOW YOUR ELBOWS. BEND ONE ARM TO BRING THE ELBOW AND FOREARM TO THE FLOOR. FOLLOW WITH THE OTHER ARM SO YOU ARE IN A FOREARM PLANK. IN BOTH PLANK STAGES, REMEMBER TO KEEP YOUR CORE ENGAGED, YOU PELVIS TUCKED UNDERNEATH YOU AND KEEP YOUR BUM DOWN SO YOUR BODY IS A STRAIGHT LINE

#### **V UP**

START IN A PRONE POSITION WITH YOUR ARM EXTENDED OVERHEAD PRESS YOUR LEG TOGETHER. CONTRACT THE ABDOMINALS AND REACH FOR THE TOES WHILE RAISING THE LEG. MAINTAIN HIP, LEG AND ARM EXTENSION. COMPLETE WITH THE HANDS TOU

#### **WALKOUT**

START WITH YOUR FEET HIP-WIDTH APART. BENDING FROM YOUR HIPS, REACH FOR THE GROUND AND PLACE YOUR PALMS ON THE FLOOR IN FRONT OF YOUR FEET. SLOWLY SHIFT YOUR WEIGHT ONTO YOUR HANDS AND BEGIN WALKING THEM FORWARD UNTIL YOUR BODY IS IN ON STRAIGHT LINE FROM YOUR HEAD TO YOUR HEELS. KEEP WALKING UNTIL YOUR BODY IS IN A STRAIGHT LINE FROM YOUR HEAD TO YOUR HEELS, BRACING YOUR CORE AND MAKING SURE YOUR HANDS ARE STACKED DIRECTLY UNDER YOUR SHOULDERS.

#### **WALKOUT PUSH UP**

BEND AT THE HIPS AND PLANT YOUR HANDS ON THE FLOOR, SHOULDER-WIDTH APART, A COUPLE OF INCHES IN FRONT OF YOUR FEET. WALK YOUR HANDS FORWARD UNTIL YOUR BODY IS IN A PUSHUP POSITION. PERFORM A PUSHUP. NOW WALK YOUR HANDS BACK TO YOUR FEET AND RETURN TO STANDING.





## SPARTAN WARM UP: 10 BURPEES!

### SPARTAN WARM UP: 30 BURPEES!

M	T	W	T	F	S	S
<b>ABS: 5 ROUND</b>  5 HOLLOW ROCKS 20" SUPERMAN 5 V UPS 20" SUPERMAN  <b>AMRAP 25'</b> 10 BURPEES 20 THRUSTER 40 MOUNTAIN CLIMBER 20 PUSH UP 10 SIT UPS	<b>ABS: AMRAP 5'</b>  MAX SIT UPS  <b>FOR TIME:</b> - 10 PUSH UP  - 10 PUSH UP + 20 SIT UP  - 10 PUSH UP + 20 SIT UP + 30 BACK LUNGES (B.L.)  - 10 PUSH UP + 20 SIT UP + 30 B.L. + 40 SIT UP  - 10 PUSH UP + 20 SIT UP + 30 B.L. + 40 SIT UP + 50 SQUAT  - 10 PUSH UP + 20 SIT UP + 30 B.L. + 40 SIT UP + 50 SQUAT + 100 JUMPING JACK	<b>ABS 5 ROUND</b> 40" PLANK 20" REST  <b>FOR TIME</b> 10 BURPEES 20 THRUSTER 30 PUSH UPS 40 SQUATS 50 SIT UPS 300 MOUNTAIN CLIMBER 50 SIT UPS 40 SQUATS 30 PUSH UPS 20 THRUSTER 10 BURPEES	<b>AMRAP 30'</b> 5 PULL UP 10 V UP 25 BACK LUNGES 50 SIT UP 75 SQUAT 150 JUMPING JACK 75 SQUAT 50 SIT UP 25 BACK LUNGES 10 V UP 5 PULL UP	<b>AMRAP 30'</b> 10 PUSH UPS 10 THRUSTER 10X2 MOUNTAIN CLIMBER  <b>ABS: 5 ROUND</b> 5 HOLLOW ROCKS 20" SUPERMAN 5 V UPS 20" SUPERMAN	<b>30' RUN</b>	<b>TIME TO REST!</b>



## SPARTAN WARM UP: 20 BURPEES!

### SPARTAN WARM UP: 30 BURPEES!

# M

#### AMRAP 20'

5 PULL UPS  
10 PUSH UPS  
15 SQUAT

#### ABS: 5 ROUND

40" PLANK  
20" REST

# T

#### AMRAP 25'

5 BURPEES  
100 JUMPING JACK  
10 PULL UPS  
100 JUMPING JACK.  
15 PUSH UPS  
100 JUMPING JACK  
20 SQUAT

#### ABS: 3 ROUND 20" ON 10" OFF

HOLLOW POSITION  
PLANK  
SIDE PLANK L.  
SIDE PLANK R.

# W

#### AMRAP 20'

6 BOX JUMP  
12 BURPEES  
24 KETTLEBELL  
SWING  
150 SKIER JUMPING  
JACK

#### ABS: AMRAP 5'

MAX SIT UPS

# T

#### PYRAMIDAL

10 - 20 - 30 - 20 - 10

JUMPING JACK  
GOBLET SQUAT  
OVERHEAD LUNGES  
SQUAT JUMP  
PUSH UP  
BURPEES  
MOUNTAIN CLIMBER

#### ABS 5 ROUND

50 CRUNCH  
25 SIT UP  
1' PLANK

# F

#### 4 ROUND

50 JUMPING JACK  
40 THRUSTER  
30 RUSSIAN KB SWING  
20 BURPEES  
10 PULL UP

#### TABAT 8 ROUNDS (20" ON 10" OFF)

UP & DOWN PLANK

#### TABATA 8 ROUNDS (20" ON 10" OFF)

HOLLOW POSITION

# S

#### 45' RUN

# S

#### TIME TO REST!





## SPARTAN WARM UP: 30 BURPEES!

### SPARTAN WARM UP: 30 BURPEES!

# M

#### AMRAP 30'

20 GOBLET SQUAT  
20 TUCK JUMP  
20 THRUSTER  
20 PUSH UP  
20 TRICEPS DIPS  
20 JUMPING LUNGES  
20 BEAR CRAWL

#### AMRAP 10'

10 BURPEES  
10 SIT UP  
10 VUP

# T

#### FOR TIME

50 MOUNTAIN CLIMBER  
+ 50 SIT UP

40 MOUNTAIN CLIMBER  
+ 40 SIT UP

30 MOUNTAIN CLIMBER  
+ 30 SIT UP

20 MOUNTAIN CLIMBER  
+ 20 SIT UP

10 MOUNTAIN CLIMBER  
+ 10 SIT UPS

#### AMRAP 15'

14 SQUAT  
10 OVERHEAD LUNGES  
6 PUSH UPS

# W

#### AMRAP 30'

10 PUSH UP  
20 GRASSHOPPERS  
40 SQUAT

# T

#### FOR TIME

100 JUMPING JACK  
80 BACK LUNGES  
60 MOUNTAIN CLIMBER  
40 SIT UPS  
20 JUMPING LUNGES  
10 PUSH UPS  
20 JUMPING LUNGES  
40 SIT UPS  
60 MOUNTAIN CLIMBER  
80 BACK LUNGES  
100 JUMPING JACK

# F

#### 3 ROUNDS (1' REST)

20 SQUATS JUMP  
20 SIT UPS

#### 3 ROUNDS (1' REST)

30" MOUNTAIN CLIMBER  
30" PLANK

#### 3 ROUNDS (1' REST)

15 SQUATS  
15 BACK LUNGES R.  
15 F. LUNGES R.  
15 SQUATS  
15 B. LUNGES L.  
15 F. LUNGES L.

# S

#### 60' RUN

# S

#### TIME TO REST!



A man with a beard and a black shirt is shown in profile, looking towards the left. He is holding a piece of wood or bark over his head with his right hand. In the background, a crowd of people is visible, some of whom are also holding up their arms. The scene appears to be outdoors, possibly at a festival or event.

**3 WEEKS ARE GONE.  
HOLD ON!**

## SPARTAN WARM UP: 10 BURPEES!

### SPARTAN WARM UP: 30 BURPEES!

M	T	W	T	F	S	S
<b>5 ROUNDS (1' REST)</b>  1' BACK LUNGES (30" Right 30" Left) 1' CRUNCH 1' MOUNTAIN CLIMBER 1' PUSH UPS	<b>A. 5 ROUND (ABS)</b> 40" PLANK 20" REST  <b>B. AMRAP 20'</b> 5 PULL UPS 10 PUSH UP 15 SQUAT	<b>ABS: 3 ROUND (20" ON 10" OFF)</b> HOLLOW POSITION SUPERMAN PLANK SIDE PLANK Left SIDE PLANK Right  <b>AMRAP 15'</b> 5 DEVIL PRESS 10 V UP 20 BACK LUNGES	<b>AMRAP 30'</b> 20 PUSH UPS 40 SIT UPS 60 SQUAT JUMP	<b>AMRAP 30'</b> 5 BURPEES 100 SINGLE UNDER (S.U.)  10 PULL UPS 100 S.U.  15 PUSH UPS 100 S.U.  20 SQUATS 100 S.U.	<b>30' RUN</b>	<b>TIME TO REST!</b>



# TRAINING PLAN - SPRINT

WEEK 5

## SPARTAN WARM UP: 20 BURPEES!

### SPARTAN WARM UP: 30 BURPEES!

**M**

#### 5 ROUND (ABS)

5 HOLLOW ROCKS  
20" SUPERMAN  
5 V UPS  
20" SUPERMAN

#### AMRAP 15'

6 BURPEES  
12 PISTOL SQUATS  
(or 24 SQUAT)  
24 PUSH UPS

**T**

#### AMRAP 5' (1' REST)

MAX SIT UPS

#### AMRAP 5' (1' REST)

MAX PUSH UPS

#### AMRAP 5'

MAX SQUATS

**W**

#### AMRAP 15'

10 PUSH UPS  
10 SQUAT  
20 MOUNTAIN  
CLIMBER

**T**

#### FOR TIME

10 BURPEES  
20 V UPS  
30 PUSH UPS  
40 SQUATS  
50 SIT UPS  
100 SINGLE UNDER  
50 SIT UPS  
40 SQUATS  
30 PUSH UPS  
20 V UPS  
10 BURPEES

**F**

#### 5 ROUND (1' REST)

30 SQUAT JUMP  
30 SIT UPS  
30 GRASSHOPPERS  
15 BURPEES

**S**

#### 45' RUN

**S**

#### TIME TO REST!



## SPARTAN WARM UP: 30 BURPEES!

### SPARTAN WARM UP: 30 BURPEES!

# M

**AMRAP 30'**

8 PUSH UP + SQUAT  
16 SIT UP  
8 TUCK JUMPS  
16 RUSSIAN TWIST

# T

**AMRAP 20'**

6 BOX JUMP  
12 BURPEES  
24 KETTLEBELL SWING  
100 SKIER JUMPING JACK

# W

**EMOM 16'**

MIN 1:  
10 BURPEES

MIN 2:  
10 THRUSTER

**TABATA 4'**  
**(20" ON 10" OFF)**

PLANK WALK

# T

**5 ROUND**  
**(1' REST)**

1' KNEE UP  
1' CRUNCH  
1' SQUAT  
1' PLANK  
1' PUSH UPS  
1' SIT UPS  
1' MOUNTAIN CLIMBER

# F

**FOR TIME**

100 JUMPING JACK  
80 BACK LUNGES  
60 MOUNTAIN CLIMBER  
40 SIT UPS  
20 JUMPING LUNGES  
10 PUSH UPS  
20 JUMPING LUNGES  
40 SIT UPS  
60 MOUNTAIN CLIMBER  
80 BACK LUNGES  
100 JUMPING JACK

# S

**60' RUN**

# S

**TIME TO REST!**





**3 WEEKS LEFT.  
FINISH LINE  
IS CLOSE!**



SPARTAN SPARTAN SPARTAN

## SPARTAN WARM UP: 30 BURPEES!

### SPARTAN WARM UP: 30 BURPEES!

# M

#### 4 ROUND (3' REST)

1200 MT RUN  
30 PUSH UPS

# T

#### 5 ROUND (3' REST)

400 MT RUN  
12 PISTOL SQUAT  
8 PULL UP

# W

#### A. 1200 MT RUN

#### B. 3 ROUND (2' REST)

400 MT RUN  
30 BURPEES  
60 MT WALKING  
LUNGES

# T

#### A. AMRAP 15'

5 BURPEES  
10 PULL UPS  
15 PUSH UPS  
20 SQUAT

#### B. 5 X 400 MT RUN (1' REST)

# F

#### AMRAP 10'

400 MT. RUN

IN THE REMAINING TIME:  
MAX SQUAT

#### AMRAP 8'

200 MT. RUN

IN THE REMAINING TIME:  
MAX PULL UPS

# S

#### 30' RUN

# S

#### TIME TO REST!





## SPARTAN WARM UP: 30 BURPEES!

### SPARTAN WARM UP: 30 BURPEES!

# M

#### 5 ROUNDS (3' REST)

400 MT RUN  
24 RUSSIAN SWING  
12 PULL UP

# T

#### AMRAP 25'

20 BACK LUNGES  
20 KNEE UP JUMP LUNGES  
20 SIT UP  
20 RUSSIAN TWIST  
15 WALKOUT  
10 PUSH UP + SQUAT

#### ABS: 5 ROUND (40" ON 20" OFF)

PLANK

#### TABATA 4' (20" ON 10" OFF)

BURPEES TUCK JUMP

# W

#### AMRAP 20'

8 PUSH UP  
12 V UPS  
24 BOX JUMP

#### FOR TIME: 50-40-30-20-10

JUMPING JACK  
PLANK WALK

#### TABATA 4' (20" ON 10" OFF)

PUSH UP

# T

#### FOR TIME:

- 10 DEVIL PRESS  
- 10 DEVIL PRESS + 20 BOX JUMP  
- 10 DEVIL PRESS + 20 BOX JUMP + 30 RENEGADE ROW  
- 10 DEVIL PRESS + 20 BOX JUMP + 30 RENEGADE ROW + 40 SIT UP  
- 10 DEVIL PRESS + 20 BOX JUMP + 30 RENEGADE ROW + 40 SIT UP + 50 GRASSHOPPER  
- 10 DEVIL PRESS + 20 BOX JUMP + 30 RENEGADE ROW + 40 SIT UP + 50 GRASSHOPPERS + 100 KNEE UP

#### AMRAP 5'

MAX REP SIT UP

#### TABATA 4' (20" ON 10" OFF)

KNEE UP JUMP LUNGES

# F

#### EMOM 10'

EVERY MINUTE:

10 THRUSTER

#### AMRAP 20'

5 PULL UP  
10 DEVIL PRESS  
20 PUSH UP + SQUAT

#### TABATA 4' (20" ON 10" OF)

PLANK SIDE WALK

# S

#### 45' RUN

# S

#### TIME TO REST!



## SPARTAN WARM UP: 30 BURPEES!

### SPARTAN WARM UP: 30 BURPEES!

M	T	W	T	F	S	S
<b>EMOM 20'</b>  MIN 1: 5 ONE LEG DEADLIFT R. + 5 MILITARY PRESS R.  MIN 2: 5 ONE LEG DEADLIFT L. + 5 MILITARY PRESS L.  <b>AMRAP 15'</b>  5 THRUSTER 10 BOX JUMP 20 RUSSIAN SWING  <b>TABATA 4'</b> <b>(20" ON 10" OFF)</b>  PUSH UP + SQUAT	<b>FOR TIME/PYRAMIDAL</b> 100 JUMPING JACK (J.J.) 80 GRASSHOPPERS 60 KNEE UP JUMP LUNGES 40 RENEGADE ROW 20 SIDE TO SIDE PUSH UP 10 BURPEES TUCK JUMP 20 SIDE TO SIDE PUSH UP 40 RENEGADE ROW 60 KNEE UP JUMP LUNGES 80 GRASSHOPPERS 100 J.J.  <b>ABS: 3 ROUND</b>  40 RUSSIAN TWIST - 20 SIT UP - 10 V UP  <b>TABATA 4'</b> <b>(20" ON 10" OFF)</b>  WALKOUT PUSH UP	<b>EMOM 20'</b>  MIN 1: 10 MILITARY PRESS RIGHT ARM  MIN 2: 10 MILITARY PRESS LEFT ARM  <b>AMRAP 10'</b>  10 SQUAT 9 SNATCH RIGHT ARM 10 PUSH UP 9 SNATCH LEFT ARM  <b>TABATA 4'</b> <b>(20" ON 10" OFF)</b>  SIDE TO SIDE PUSH UP	<b>FEMOM 8'</b>  EVERY MINUTE 8 SQUAT  <b>AMRAP 30'</b> 20 SQUAT 20 SIT UP 20 JUMPING LUNGES 20 PUSH UP 20 KNEE UP JUMP LUNGES 20 DEVIL PRESS  <b>TABATA 4'</b> <b>(20" ON 10" OFF)</b>  RENEGADE ROW	<b>AMRAP 15'</b>  5 WALKOUT 10 V UP 20 SQUAT  <b>10-20-30-20-10</b>  GRASSHOPPERS PUSH UP OVERHEAD LUNGES TRICEPS DIPS KNEE UP JUMP LUNGES RENEGADE ROW PLANK WALK  <b>TABATA 4'</b> <b>(20" ON 10" OFF)</b> DEVIL PRESS	<b>60' RUN</b>  <b>TIME TO REST!</b>	



FINISH

**YOU DID IT!  
AROO!**



**SPARTAN™**