



SPARTAN TRAINING PLAN

4GET READY TO KIDS!



SPARTANKIDS

AGE GROUP 4-6 Y.O.



SPARTANKIDS

TRAINING PLAN - KIDS

SPARTAN WARM UP: 5 BURPEES!

WEEK 1

SPARTAN WARM UP: 30 BURPEES!

M	T	W	T	F	S	S
FROM 1 TO 5	3 ROUND (3' REST)	3 ROUND (3' REST)	3 ROUND (3' REST)	FROM 5 TO 1	SKILLS	TIME TO REST!
SQUAT JUMP	10 THRUSTER @ BACKPACK	30 JUMPING JACK	30 KNEE UP	CHAIR PULL UP	PILLOW FIGHT WITH MOM AND DAD	
WALKOUT	20 STEP UP	20 CLAP YOUR HAND PLANK	20 GORILLA WALK	TOOTHBRUSH THROW		
BEAR CRAWL	30 BUTT KICKS	10 DEVIL PRESS @BACKPACK	10 KNEE UP LUNGES (5 R. 5 L.)	ALTERNATING PLANK LUNGES		



AGE GROUP 7-9 Y.O.



SPARTANKIDS

TRAINING PLAN - KIDS

WEEK 1

SPARTAN WARM UP: 5 BURPEES!

SPARTAN WARM UP: 30 BURPEES!

M	T	W	T	F	S	S
FROM 1 TO 10	5 ROUND (3' REST)	5 ROUND (3' REST)	5 ROUND (3' REST)	FROM 10 TO 1	SKILLS	TIME TO REST!
THRUSTER @BACKPACK	30 OVERHEAD LUNGES @BACKPACK	30 STEP UP	30 OVERHEAD KNEE UP @BACKPACK	UNDER THE CHAIR	5 ROUND (1' REST)	
FRONT ROLL	30 ALTERNATING PLANK LUNGES	30 JUMPING JACK	30 BUTT KICKS	DEVIL PRESS @BACKPACK	1' BACKPACK CARRY	
WALKOUT	30 GORILLA WALK	30 SQUAT JUMP	30 KNEE UP LUNGES	PULL UP UNDER THE CHAIR		





AGE GROUP 10-15 Y.O.



TRAINING PLAN - KIDS

SPARTAN WARM UP: 5 BURPEES!

WEEK 1

SPARTAN WARM UP: 30 BURPEES!

M	T	W	T	F	S	S
AMRAP 10'	10 - 20 - 30 - 20 - 10	FROM 1 TO 10	FOR TIME	FROM 10 TO 1	SKILLS	TIME TO REST!
5 BURPEES	JUMPING JACK	BURPEES	50 KNEE UP	SQUAT	10 LAUNCH TOOTHBRUSH THROW	
10 DEVIL PRESS @BACKPACK	GORILLA CRAWL	FRONT ROLL	40 BUTT KICKS	SIT UP	(EVERY FAIL: 5 BURPEES!)	
15 THRUSTER @BACKPACK	OVERHEAD LUNGES @BACKPACK	CHAIR PULL UP	30 CLAP YOUR HAND PLANK	WALKOUT		
20 STEP UP	BEAR CRAWL	OVERHEAD KNEE UP @BACKPACK	20 SQUAT JUMP	ALTERNATING PLANK LUNGES		
30 SIT UP	KNEE UP LUNGES	UNDER THE CHAIR	1' BACKPACK CARRY	TUCK JUMP		



AROO!



SPARTAN™