

# SPARTAN

4 WEEKS WORKOUT TO GET READY  
FOR YOUR BEAST

# TRAINING PLAN



# SPARTAN™



A person is shown in a low, powerful starting crouch on a dark, textured floor, likely a track. They are wearing a dark athletic shirt and shorts. The word "BEAST" is superimposed in large, bold, white capital letters across the center of the image. The background is dark, and there is a bright green horizontal bar at the very top of the frame.

# BEAST



## 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

### AMERICAN SWING

USE AN OVERHAND GRIP TO HOLD THE HANDLE OF THE KETTLEBELL WITH BOTH HANDS START WITH THE KETTLEBELL HANGING DOWN BETWEEN YOUR THIGHS, WRISTS LIGHTLY TOUCHING YOUR LEGS LEAN FORWARD SLIGHTLY AT THE HIPS, THEN, USING THE STRENGTH OF YOUR LEGS, SWING THE KETTLEBELL OVERHEAD LOCK OUT YOUR ARMS FOR STABILITY. YOUR BICEPS SHOULD BE IN LINE WITH YOUR EARS EXTEND YOUR KNEES IN THE TOP PORTION OF THE SWING RELEASE, THEN SWING UP AGAIN

### 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.

### 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

### BULGARIAN SPLIT SQUAT

FIND YOURSELF A STEP, BENCH OR ANY OTHER CONTRAPTION THAT YOU CAN REST A FOOT ON, IT NEEDS TO BE ABOUT KNEE HEIGHT. GET INTO A FORWARD LUNGE POSITION WITH TORSO UPRIGHT, CORE BRACED AND HIPS SQUARE TO YOUR BODY, WITH YOUR BACK FOOT ELEVATED ON THE BENCH. YOUR LEADING LEG SHOULD BE HALF A METRE OR SO IN FRONT OF BENCH. LOWER UNTIL YOUR FRONT THIGH IS ALMOST HORIZONTAL, KEEPING YOUR KNEE IN LINE WITH YOUR FOOT. DON'T LET YOUR FRONT KNEE TRAVEL BEYOND YOUR TOES. DRIVE UP THROUGH YOUR FRONT HEEL BACK TO THE STARTING POSITION, AGAIN KEEPING YOUR MOVEMENTS MEASURED

### 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

### DEADLIFT

STAND WITH YOUR MIDFOOT UNDER THE BARBELL. BEND OVER AND GRAB THE BAR WITH A SHOULDER-WIDTH GRIP. BEND YOUR KNEES UNTIL YOUR SHINS TOUCH THE BAR. LIFT YOUR CHEST UP AND STRAIGHTEN YOUR LOWER BACK. TAKE A BIG BREATH, HOLD IT, AND STAND UP WITH THE WEIGHT.

### DOUBLE 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 TWICE WITH EVERY JUMP.

### 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

### 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.

### 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

### INVERTED PLANK

LOOK UP TO THE CEILING, POINT YOUR TOES, AND KEEP YOUR ARMS AND LEGS STRAIGHT. KEEP YOUR ENTIRE BODY STRONG AND FORM A STRAIGHT LINE FROM YOUR HEAD TO YOUR HEELS. SQUEEZE YOUR CORE AND TRY TO PULL YOUR BELLY BUTTON BACK TOWARD YOUR SPINE



## 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.

### L SIT

KEEPING YOUR FEET ON THE GROUND, PRACTICE PUSHING YOUR HANDS DOWN, WITH YOUR SHOULDERS AWAY FROM YOUR EARS. MAKE SURE TO KEEP YOUR BUTT DIRECTLY BENEATH YOUR SHOULDERS.

## WOD LEGEND

### 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)

### OVERHEAD SQUAT

SHOULDER-WIDTH STANCE. WIDE GRIP ON THE BAR. KNEES IN LINE WITH TOES. SHOULDERS PUSH UP IN THE BAR, ARMPITS FACE FORWARD. LUMBAR CURVE MAINTAINED. HIPS DESCEND BACK AND DOWN. HIPS DESCEND LOWER THAN KNEES. BAR MOVES OVER THE MIDDLE OF THE FOOT. HEELS DOWN. COMPLETE AT FULL HIP AND KNEE EXTENSION

### 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.

### 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

### 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

### PULSE LUNGES

STAND WITH FEET TOGETHER. TAKE A LARGE STEP BACKWARD TO GET INTO A LUNGES POSITION. LOWER YOUR BACK KNEE SO IT'S JUST BARELY TOUCHING THE GROUND. LIFT UP TO FLEX YOUR BUTT MUSCLES THEN LOWER DOWN AGAIN. PULSE UP AND DOWN FOR GIVEN NUMBER OF REPS THEN SWITCH SIDES



## BEAST

### SPARTAN WARM UP:30 BURPEES!

## OBSTACLES LIST

### 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 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 SQUAT

START STANDING WITH FEET HIP DISTANCE APART AND SIT BACK INTO A SQUAT POSITION BY BENDING THE KNEES. KEEP YOUR ABS TIGHT AND BACK STRAIGHT. STEP WIDE TO ONE SIDE STAYING IN YOUR SQUAT POSITION, GO BACK TO YOUR STARTING POSITION, AND THEN SIDE SQUAT WIDE IN THE OTHER DIRECTION USING ALL YOUR LOWER BODY MUSCLES THEN BACK TO CENTER. CONTINUE SQUATTING SIDE TO SIDE STAYING LOW THROUGHOUT.

### 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

### SKATER JUMP

START STANDING WITH YOUR LEGS HIP-WIDTH APART. AS YOU EXHALE, SIMULTANEOUSLY SWING YOUR ARMS OUT AND LEAP OVER TO THE OPPOSITE SIDE. SHIFT YOUR WEIGHT AND LAND WITH THE OPPOSITE LEG BEHIND YOU. REPEAT THIS SIDE-TO-SIDE MOTION, TRANSFERRING YOUR WEIGHT EACH TIME.

### 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.

## WOD LEGEND

### 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

### 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.

### 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 STEP BACK ONTO THE FLOOR. REPEAT ON THE OTHER SIDE

### 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.

### 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

### 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

### 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.

### 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 TOUCHING THE FEET



## SPARTAN WARM UP: 30 BURPEES!

### SPARTAN WARM UP: 30 BURPEES!

M	T	W	T	F	S	S
<b>AMRAP 20'</b>  5 BURPEES 10 DEVIL PRESS 15 V UPS 20 SWING	<b>FOR TIME</b>  - 10 PUSH UP  - 10 PUSH UP + 20 SIT UP  - 10 PUSH UP + 20 SIT UP + 30 BACK LUNGES  - 10 PUSH UP + 20 SIT UP + 30 BACK LUNGES + 40 SIT UP  - 10 PUSH UP + 20 SIT UP + 30 BACK LUNGES + 40 SIT UP + 50 SQUAT  - 10 PUSH UP + 20 SIT UP + 30 BACK LUNGES + 40 SIT UP + 50 SQUAT + 100 JUMPING JACK	<b>ABS: 3 ROUND (20" ON 10' OFF)</b>  SUPERMAN PLANK INVERTED PLANK L SIT  <b>AMRAP 15'</b>  3 MILITARY PRESS 6 OVERHEAD LUNGES 12 V UPS	<b>AMRAP 20'</b>  6 BOX JUMP OVER 12 BURPEES 300 JUMPING JACK / 150 DOUBLE UNDER 24 KETTLEBELL SWING	<b>FOR TIME</b>  A. 21 THRUSTER + 21 PULL UPS  B. 18 THRUSTER + 18 PULL UPS  C. 15 THRUSTER + 15 PULL UPS  D. 12 THRUSTER + 12 PULL UPS  E. 9 THRUSTER + 9 PULL UPS	<b>60' RUN</b>	<b>TIME TO REST!</b>





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M	T	W	T	F	S	S
AMRAP 20'	FOR TIME	ABS: 3 ROUND (20" ON 10' OFF)	AMRAP 20'	FOR TIME	60' RUN	TIME TO REST!
5 BURPEES TUCK JUMP	- 10 BURPEES		6 PULL UPS	A. 21 AMERICAN SWING + 21 DEVIL PRESS		
10 RENEGADE ROW	- 10 BURPEES + 20 V UPS	SUPERMAN PLANK	12 PUSH UPS			
15 V UPS	- 10 BURPEES + 20 V UPS + 30 JUMPING LUNGES	INVERTED PLANK L SIT	150 SKIER JUMPING JACK	B. 18 AMERICAN SWING + 18 DEVIL PRESS		
20 DEVIL PRESS			24 THRUSTER			
	- 10 PUSH UP + 20 V UPS + 30 JUMPING LUNGES + 40 CRUNCH	AMRAP 15'		C. 15 AMERICAN SWING + 15 DEVIL PRESS		
		3 DEVIL PRESS				
	- 10 PUSH UP + 20 V UPS + 30 JUMPING LUNGES + 40 CRUNCH + 50 SQUAT	6 PISTOL SQUAT		D. 12 AMERICAN SWING + 12 DEVIL PRESS		
		12 GOBLET SQUAT				
	- 10 PUSH UP + 20 V UPS + 30 JUMPING LUNGES + 40 CRUNCH + 50 SQUATS + 100 SKIER JUMPING JACK			E. 9 AMERICAN SWING + 9 DEVIL PRESS		



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M	T	W	T	F	S	S
AMRAP 20'	FOR TIME	ABS: 3 ROUND (20" ON 10' OFF)	AMRAP 20'	FOR TIME	60' RUN	TIME TO REST!
5 BURPEES 10 GRASSHOPPERS 20 BACK LUNGES	- 10 KNEE UP - 10 KNEE UP + 20 SNATCH - 10 KNEE UP + 20 SNATCH + 30 BULGARIAN SQUAT - 10 KNEE UP + 20 SNATCH + 30 BULGARIAN SQUAT + 40 LUNGES - 10 KNEE UP + 20 SNATCH + 30 BULGARIAN SQUAT + 40 LUNGES + 50 MOUNTAIN CLIMBER - 10 KNEE UP + 20 SNATCH + 30 BULGARIAN SQUAT + 40 LUNGES + 50 MOUNTAIN CLIMBER + 1' PLANK	SUPERMAN PLANK INVERTED PLANK L SIT  <b>AMRAP 15'</b> 3 BURPEES 6 V UPS 12 STEP UP	6 DEVIL PRESS  12 SIDE SQUAT  24 BACK LUNGES  100 DOUBLE UNDER or 200 SINGLE UNDER	A. 21 DEADLIFT + 21 BURPEES TUCK JUMP  B. 18 DEADLIFT + 18 BURPEES TUCK JUMP  C. 15 DEADLIFT + 15 BURPEES TUCK JUMP  D. 12 DEADLIFT + 12 BURPEES TUCK JUMP  E. 9 DEADLIFT + 9 BURPEES TUCK JUMP		





## SPARTAN WARM UP: 30 BURPEES!

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# M

### FOR TIME

- 10 OVERHEAD SQUAT  
(O.S.)

- 10 O.S. + 20 GRASSHOPPERS

- 10 O.S.+ 20 GRASSHOPPERS +  
30 THRUSTER

- 10 O.S. + 20 GRASSHOPPERS +  
30 THRUSTER + 40 AMERICAN  
SWING

- 10 O.S.+ 20 GRASSHOPPERS +  
30 THRUSTER + 40 AMERICAN  
SWING + 50 PULSE LUNGES

- 10 O.S + 20 GRASSHOPPERS +  
30 THRUSTER + 40 AMERICAN  
SWING + 50 PULSE LUNGES +  
100 MOUNTAIN CLIMBER

# T

### EMOM 10'

EVERY MINUTE:  
10 SQUAT JUMP  
+ 10 SIT UP

### AMRAP 30'

8 DEVIL PRESS  
12 V UP

16 BOX JUMP  
20 GRASSHOPPERS

# W

### FOR TIME

- 10 BULGARIAN SQUAT  
(B.S.)

- 10 B.S. + 20 MOUNTAIN  
CLIMBER

- 10 B.S. + 20 MOUNTAIN  
CLIMBER + 30 DEADLIFT

- 10 B.S. + 20 MOUNTAIN  
CLIMBER + 30 DEADLIFT +  
40 CRUNCH

- 10 B.S. + 20 MOUNTAIN  
CLIMBER + 30 DEADLIFT +  
40 CRUNCH + 50 SKATER  
JUMP

- 10 B.S. + 20 MOUNTAIN  
CLIMBER + 30 DEADLIFT +  
40 CRUNCH + 50 SKATER  
JUMP + 100 SINGLE UNDER

# T

### EMOM 10'

MINUTE 1:  
10 ONE LEG  
DEADLIFT (LEFT LEG)

MINUTE 2:  
10 ONE LEG  
DEADLIFT (RIGHT  
LEG)

### AMRAP 30'

10 THRUSTER  
20 SIT UP  
10 RENEGADE ROW  
20 KNEE UP  
10 OVERHEAD  
LUNGES  
20 RUSSIAN TWIST

# F

### FOR TIME

A. 10 BURPEES

B. 10 BURPEES + 20  
GRASSHOPPERS

C. 10 BURPEES + 20  
GRASSHOPPER S+ 30  
JUMPING LUNGES (J.L.)

D. 10 BURPEES + 20  
GRASSHOPPERS + 30 J.L. +  
40 SIT UP

E. 10 BURPEES + 20  
GRASSHOPPERS + 30 J.L.+  
40 SIT UP + 50 SQUAT


E. 10 BURPEES + 20  
GRASSHOPPERS + 30 J.L.+  
40 SIT UP + 50 SQUAT + 100  
JUMPING JACK

# S

### RACE TIME!

# S





YOU WILL KNOW  
AT THE  
FINISH LINE



**SPARTAN™**