

SPARTAN

4 WEEKS WORKOUT TO GET READY
FOR YOUR SUPER

TRAINING PLAN



SPARTANTM



A person is shown in a low, athletic starting crouch on a grey tiled floor. They are wearing a dark t-shirt, dark shorts, and light-colored sneakers. The word "SUPER" is overlaid in large white letters across the middle of the image. The background is a solid blue color at the top.

SUPER



SPARTAN™

WOD LEGEND

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

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

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.



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

MILITARY PRESS

HIP-

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

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

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

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

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.



SUPER

WOD LEGEND

SPARTAN WARM UP:30 BURPEES!

OBSTACLES LIST

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

SHOULDER-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

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

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

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

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



TRAINING PLAN - SPRINT

SPARTAN WARM UP: BURPEES!
ALTERNATE 10-20-30 EVERY DAY!

WEEK 1

SPARTAN WARM UP: 30 BURPEES!

M	T	W	T	F	S	S
FOR TIME	A. 5 ROUND (ABS)	AMRAP 20'	5 ROUND (1' REST)	AMRAP 25'	45' RUN	TIME TO REST!
10 BURPEES 20 V UPS 30 PUSH UPS 40 SQUATS 50 SIT UPS 100 JUMPING JACK 50 SIT UPS 40 SQUATS 30 PUSH UPS 20 V UPS 10 BURPEES	40" PLANK 20" REST B. AMRAP 15' 6 BURPEES 12 PISTOL SQUAT (or 24 SQUAT) 24 PUSH UP	10 BURPEES 20 THRUSTER 10 PUSH UP 20 MOUNTAIN CLIMBER 10 SIT UPS	30 PUSH UPS 15 DEVIL PRESS 30 KNEE UP 15 BURPEES	5 BURPEES 50 DOUBLE UNDER (OR 100 SINGLE UNDER) 10 PULL UPS 50 D.U. (or 100 S.U.) 15 PUSH UPS 50 D.U. (or 100 S.U.) 20 SQUATS		



TRAINING PLAN - SPRINT

SPARTAN WARM UP: BURPEES! ALTERNATE 10-20-30 EVERY DAY!

WEEK 2

SPARTAN WARM UP: 30 BURPEES!

M	T	W	T	F	S	S
FOR TIME	A. 5 ROUND (ABS)	AMRAP 20'	5 ROUND (1' REST)	AMRAP 25'	45' RUN	TIME TO REST!
10 DEVIL PRESS 20 THRUSTER 30 TRICEPS DIPS 40 BACK LUNGES 50" PLANK 200 JUMPING JACK (J.J.) 50" PLANK 40 BACK LUNGES 30 TRICEPS DIPS 20 THRUSTER 10 DEVIL PRESS	40" PLANK 20" REST B. AMRAP 15' 6 MILITARY PRESS 12 AMERICAN SWING 24 THRUSTER	10 PISTOL SQUAT (5 R. 5 L.) 20 SQUAT 10 DEVIL PRESS 20 GRASSHOPPERS 10 V UPS	30 BULGARIAN SQUAT 15 PUSH UPS 30 SKATER JUMP 15 V UPS	5 DEVIL PRESS 150 JUMPING JACK 10 THRUSTER 150 JUMPING JACK 15 DEADLIFT 150 JUMPING JACK 20 BACK LUNGES 150 JUMPING JACK		



TRAINING PLAN - SPRINT

SPARTAN WARM UP: BURPEES!
ALTERNATE 10-20-30 EVERY DAY!

WEEK 3

SPARTAN WARM UP: 30 BURPEES!

M	T	W	T	F	S	S
FOR TIME	A. 5 ROUND (ABS)	AMRAP 20'	5 ROUND (1' REST)	AMRAP 25'	45' RUN	TIME TO REST!
10 PISTOL SQUAT 20 AMERICAN SWING 30 PUSH UP 40 BULGARIAN SQUAT 50 PULSE LUNGES 200 SINGLE UNDER 50 PULSE LUNGES 40 BULGARIAN SQUAT 30 PUSH UP 20 AMERICAN SWING 10 PISTOL SQUAT	40" PLANK 20" REST B. AMRAP 15' 6 DEVIL PRESS 12 GOBLET SQUAT 24 DEADLIFT	10 THRUSTER 20 BACK LUNGES 10 MILITARY PRESS 20 OVERHEAD LUNGES	30 AMERICAN SWING 15 MILITARY PRESS 30 THRUSTER 15 SIT UP	6 PISTOL SQUAT 150 SKIER JUMPING JACK 10 PUSH UP 150 SKIER JUMPING JACK 16 BULGARIAN SQUAT 150 SKIER JUMPING JACK 20 SIDE TO SIDE SQUAT		



TRAINING PLAN - SPRINT

SPARTAN WARM UP: BURPEES!
ALTERNATE 10-20-30 EVERY DAY!

WEEK 4

SPARTAN WARM UP: 30 BURPEES!

M

AMRAP 15'

20 SKATER JUMP
40 BACK LUNGES
60 GRASSHOPPERS

T

A. EMOM 10'

MIN 1:
10 ONE LEG DEADLIFT
(LEFT LEG)

MIN 2:
10 ONE LEG DEADLIFT
(RIGHT LEG)

B. AMRAP 20'

10 THRUSTER
10 SIT UP
10 AMERICAN SWING

W

AMRAP 12'

20 TRICEPS DIPS
40 BULGARIAN SQUAT
60 CRUNCH

T

EMOM 10'

MIN 1:
5 MILITARY PRESS
LEFT ARM
+ 5 BULGARIAN
SQUAT LEFT LEG

MIN 2:
5 MILITARY PRESS
RIGHT ARM
+ 5 BULGARIAN
SQUAT RIGHT LEG

AMRAP 20'

10 DEVIL PRESS
20 SIT UP
30 STEP UP

F

AMRAP 15'

20 PUSH UPS
40 SIT UPS
60 SQUATS

S

TIME TO RACE!

S



AROO!!



SPARTAN™