



SPARTACUS 2.0

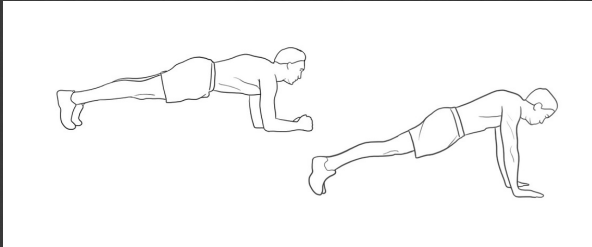
WORKOUT CHALLENGE

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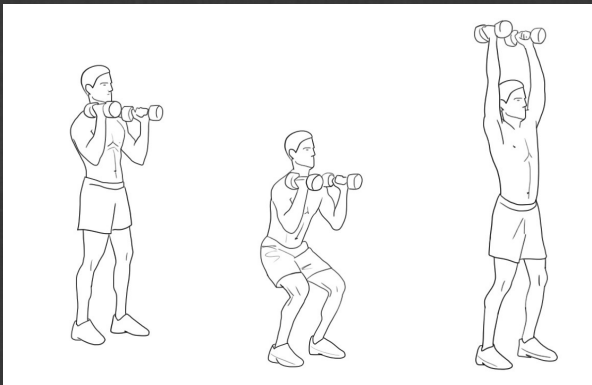
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PLANK WALKUP TO PUSHUP



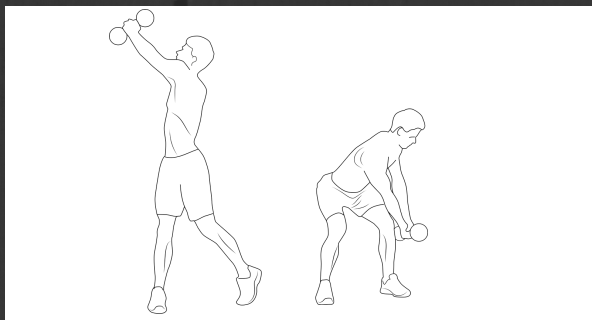
START WITH YOUR BEST PLANK. KEEP SAME POSTURE AS YOU BEGIN TO RISE UP TO PUSHUP POSITION. DO ONE PUSHUP. COME BACK DOWN TO PLANK, KEEPING POSTURE. REP 1 DONE. REPEAT.

THRUSTERS



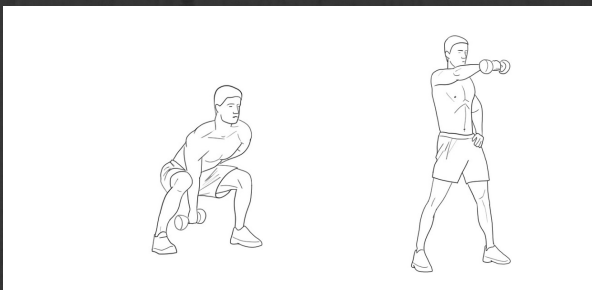
TWO DUMBBELLS, ONE IN EACH HAND, SHOULDER HEIGHT. KEEP THAT BACK STRAIGHT AS YOU BEND YOUR KNEES, KEEPING THOSE DUMBBELLS LEVEL WITH YOUR SHOULDERS. COME BACK UP TO STAND AND EXTEND YOUR ARMS ABOVE YOUR HEAD UNTIL YOUR ARMS ARE STRAIGHT. EASE BACK INTO FIRST POSITION. REPEAT.

DUMBBELL CHOP



BOTH HANDS AROUND ONE DUMBBELL, ARMS EXTENDED JUST ABOVE ONE SHOULDER. KEEPING ARMS STRAIGHT, SWING THE DUMBBELL ACROSS YOUR TORSO DOWN TO THE OPPOSITE SIDE ROTATING WITH YOUR HIP AND OPPOSITE KNEE. REVERSE. REP 1 DONE. REPEAT.

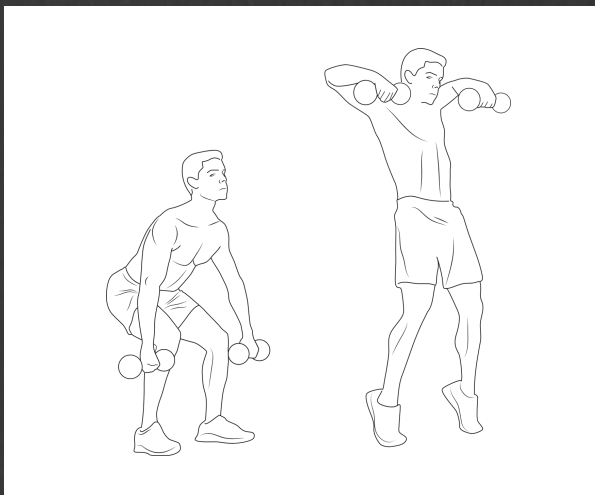
SINGLE-ARM DUMBBELL SWING



WITH KNEES BENT AND BACK STRAIGHT, HOLD DUMBBELL IN FRONT OF YOUR WAIST. KEEPING BACK STRAIGHT, RISE TO STAND. BRING THE DUMBBELL FROM BETWEEN YOUR LEGS UP TO SHOULDER HEIGHT. REVERSE. SWITCH SIDES. REPEAT.

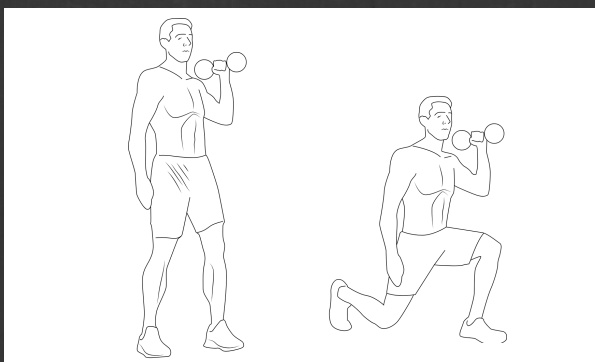
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DUMBBELL HANG PULL



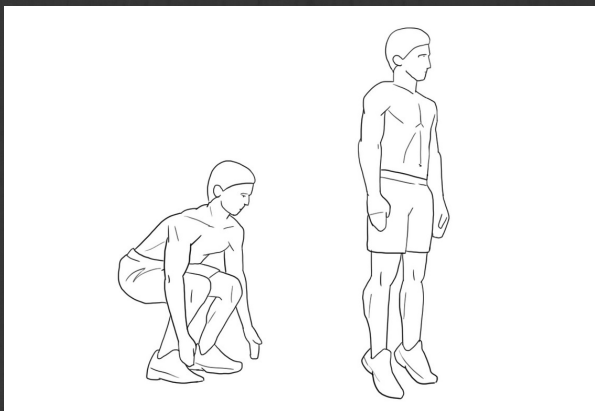
TWO DUMBBELLS, ONE IN EACH HAND. START BY LETTING THEM HANG IN FRONT OF YOUR BODY, PALMS FACING BEHIND YOU. BEND YOUR KNEES AND HIPS TO WHERE THE DUMBBELLS FALL JUST BELOW YOUR KNEES. NOW, THRUST HIPS FORWARD, STRAIGHTEN YOUR KNEES, STAND ON YOUR TOES AND PULL THE DUMBBELLS TO THE LEVEL OF YOUR CHIN OR HIGHER, ELBOWS OUT. REVERSE. REPEAT.

OFFSET DUMBBELL REVERSE LUNGE



START BY HOLDING YOUR DUMBBELL IN ONE HAND NEXT TO YOUR SHOULDER. WITH THE SAME LEG ON THE SAME SIDE AS YOUR ARM WITH THE DUMBBELL, STEP FORWARD INTO A LUNGE UNTIL THE KNEE OF YOUR OPPOSITE LEG ALMOST TOUCHES THE GROUND. COME BACK UP. SWITCH SIDES. REPEAT.

JUMP SQUATS

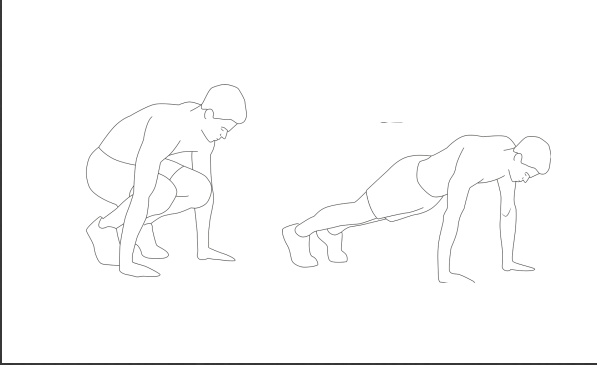


STAND WITH FEET SHOULDER-WIDTH APART. PLACE YOUR FINGERS ON THE BACK OF YOUR HEAD WITH ELBOWS BACK SO THEY'RE IN LINE WITH YOUR BODY. PUSH HIPS BACK, BEND KNEES, AND SQUAT DOWN. THEN JUMP AS HIGH AS YOU CAN. WHEN YOU LAND, SQUAT AND JUMP AGAIN. USE DUMBBELLS AT YOUR SIDES TO ADD MORE CHALLENGE TO THIS EXERCISE.



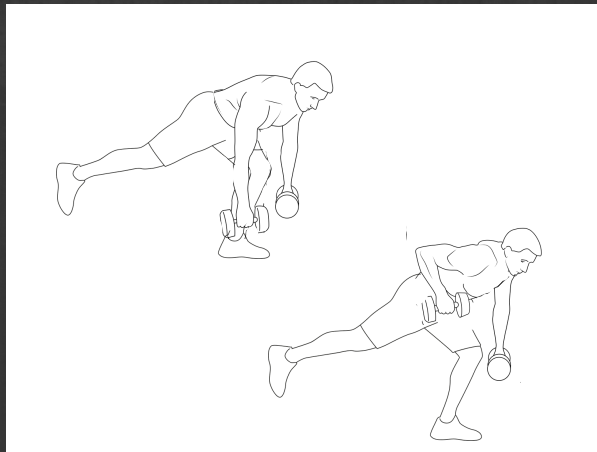
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SQUAT THRUSTS



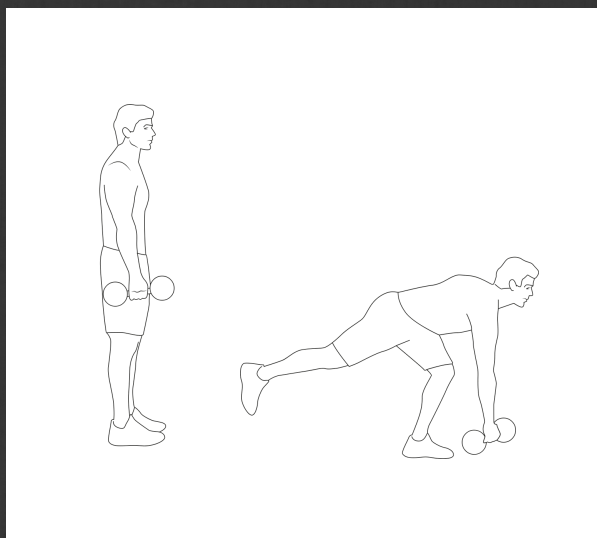
STAND WITH YOUR ARMS AT YOUR SIDES. PUSH YOUR HIPS BACK, BEND YOUR KNEES, AND LOWER YOUR BODY AS DEEP AS YOU CAN INTO A SQUAT. WITH YOUR HANDS ON THE FLOOR, KICK YOUR LEGS BACKWARD SO THAT YOU'RE IN A PUSHUP POSITION. THEN QUICKLY BRING YOUR LEGS BACK TO A SQUAT AND STAND UP.

UNDERHAND-GRIP DUMBBELL ROW



START: DUMBBELL IN ONE HAND, OPPOSITE HAND ON A STABLE SURFACE. RAISE YOUR LEG ON THE SAME SIDE AS THE DUMBBELL SO IT FORMS A STRAIGHT LINE WITH YOUR TORSO. REP 1: KEEPING SAME LEG EXTENDED, LIFT THE DUMBBELL WITH YOUR TRICEPS AND ELBOW UP TO YOUR TORSO. HOLD. LOWER SLOWLY BACK DOWN TO STARTING POSITION. NEXT ROUND, SWITCH SIDES.

ROTATIONAL DUMBBELL STRAIGHT-LEG DEADLIFT



DUMBBELL IN RIGHT HAND, HOLD IT NEXT TO YOUR SIDE. STAND ON YOUR LEFT FOOT WITH KNEE SLIGHTLY BENT. LIFT YOUR RIGHT FOOT OFF THE FLOOR AND BEND THAT KNEE SLIGHTLY. KEEPING LEFT KNEE BENT, BEND AT YOUR HIPS WITH BACK STRAIGHT, AND LOWER YOUR TORSO AS YOU ROTATE IT TO THE LEFT AND TRY TOUCH THE DUMBBELL IN FRONT OF YOUR LEFT FOOT. REVERSE TO STARTING POSITION. REPEAT. NEXT ROUND, SWITCH SIDES.



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ROUND:	1		2		ROUND:	3		4	
PHASE #1	REPS	WT	REPS	WT	PHASE #2	REPS	WT	REPS	WT
DUMBBELL HANG PULL					DUMBBELL CHOP				
OFFSET DUMBBELL REVERSE LUNGE					PLANK WALK TO PUSH UP				
SINGLE-ARM DUMBBELL SWING					DUMBBELL STRAIGHT LEG LIFT				
THRUSTERS					SQUAT THRUSTS				
DUMBBELL ROWS					JUMP SQUATS				
DUMBBELL HANG PULL					DUMBBELL CHOP				
OFFSET DUMBBELL REVERSE LUNGE					PLANK WALK TO PUSH UP				
SINGLE-ARM DUMBBELL SWING					DUMBBELL STRAIGHT LEG LIFT				
THRUSTERS					SQUAT THRUSTS				
DUMBBELL ROWS					JUMP SQUATS				
2 MINUTE REST, THEN ONTO ROUND 2			2 M REST		2 MINUTE REST, THEN ONTO ROUND 4			2 M REST	
ONTO PHASE 2					YOUR WORK HERE IS DONE				