

SPARTAN TRAINING 20/20/5

To be performed once a week.

Each exercise is repeated 20 times. Go through the entire list, take a cardio break and repeat, aiming for 5 full repetitions. You will probably not complete all five sets. Time yourself for how far you get in a certain period of time and try and improve on that every week. You can take breaks wherever you like, even in the middle of sets, but you must finish the set.

5 minute warm up

1. Burpees

On the push up portion of the burped, make sure that the chest and the tops of the thighs touch the floor.

2. TRX Pull Ups

In a table top position with the torso parallel to the floor and the knees bent at 90 degrees

3. Squat Press

Feet parallel and hips' width apart

4. TRX Biceps

5. Jackknives

6. Surfer Jumps

7. TRX Push Ups

8. Alternating Lunges

9. TRX Triceps

10. Scissors

11. Kettle Bell Jacks

Jumping Jacks holding small kettle bells at shoulder level. As the feet jump wide, press the arms overhead. As the feet come back together, kettle bells come back to the shoulders.

12. Incline Chest Press

13. Sumo Squats

Feet turned out at more than shoulder width apart, holding a kettle bell at chest level

14. Side Delt Raise

15. Captains Chair Knee Lifts

Up in the Captain's Chair (arm chairs with legs dangling), pull the knees to the chest, rounding into a ball and extend the legs back to the floor.

16. Standing Jumps

Plyo box jumps, jump onto the box, pause and step down.

17. Rows

Bent over rows, with the torso parallel to the floor. The elbows graze the rib cage on the way to the ceiling, control the arms on the way back to the starting position.

18. Kettle Bell Swing Squats

Feet parallel and hips' width apart. hold the kettle bell with both hands. As you come up, press the hips forward and use the momentum to swing the kettle bell to shoulder level with the arms straight. As the knees bend, lower the kettle bell to starting position.

19. Monkey Bar Hang

Just hang from the Monkey Bars for 20 seconds

20. Bicycles

3 min of Cardio between each round