

ESAME: SPARTAN SYSTEM LEVEL III

HERO

Tabata Workout – Ares

(20 sec work – 10 sec rest x 8 round)

	30/30	27/30	24/30	21/30	18/30
ARMOR BENCH (ADVANCED)	> 14 reps	14 reps	12 reps	>10 reps	> 8 reps
HANDSTAND (MEDIUM)	> 12 reps	12 reps	>10 reps	10 reps	8 reps
TABLE HIGH KICK (ADVANCED)	14	>12	> 10	10	8 reps
SPIDER PUSH UP (ADVANCED)	> 16 reps	>14 reps	>12 reps	>10 reps	10 reps
PLYO LUNGE (ADVANCED)	>16 reps	16 reps	>14 reps	14 reps	> 12 reps
BURPEE (MEDIUM)	11 reps	10 reps	9 reps	8 reps	6 reps
ONE LEG KICK D	> 18 reps	16 reps	14 reps	12 reps	> 10 reps
CRASH D	14 reps	13 reps	12 reps	10 reps	> 8 reps