



Instructions:

Do as many reps as you can in 60 seconds. Then move on to the next exercise. Perform each exercise in succession. Rest 15-20 secs in between exercises, but 2 minutes after the last exercise. Complete 3 rounds.



Instrucciones:

Realiza el circuito de entrenamiento por intervalos.

Tiempo de trabajo 60 segundos, tiempo de descanso 15-20 segundos.

Completa 3 rondas con 2 minutos de descanso entre rondas.

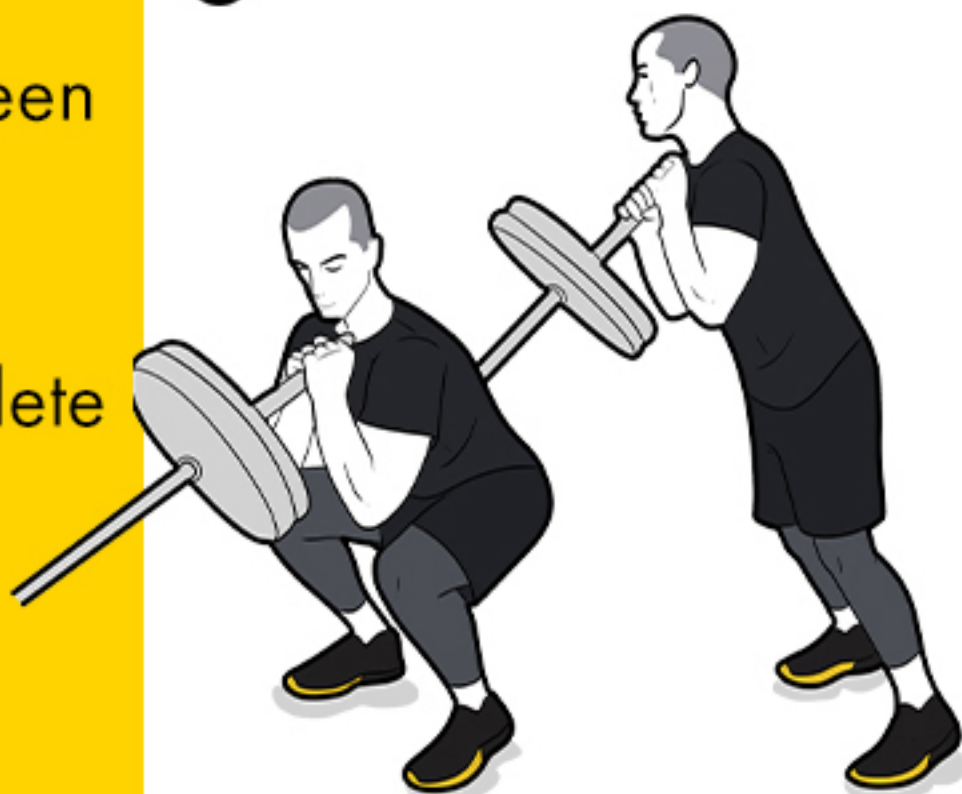


Istruzioni:

Fai quante più ripetizioni possibili in 60 secondi. Poi passa al prossimo esercizio. Esegui ogni esercizio in successione. Riposa 15-20 secondi tra un esercizio e l'altro, ma 2 minuti dopo l'ultimo esercizio. Completa 3 giri.

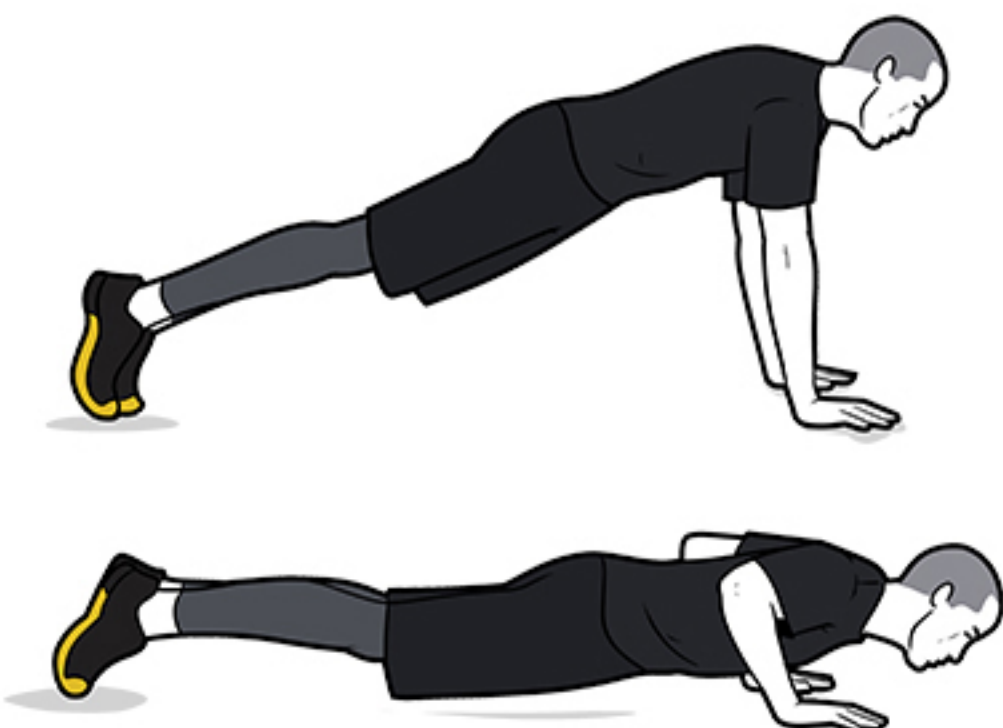
Spartacus workout

1



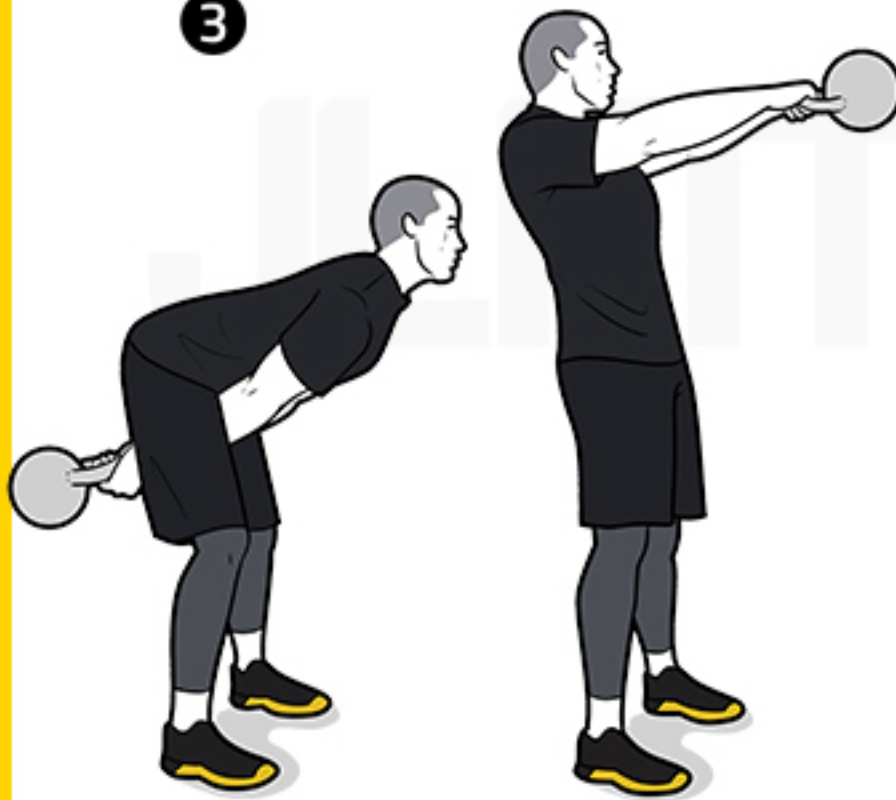
Landmine Front Squats
60 seconds

2



Push Ups
60 seconds

3



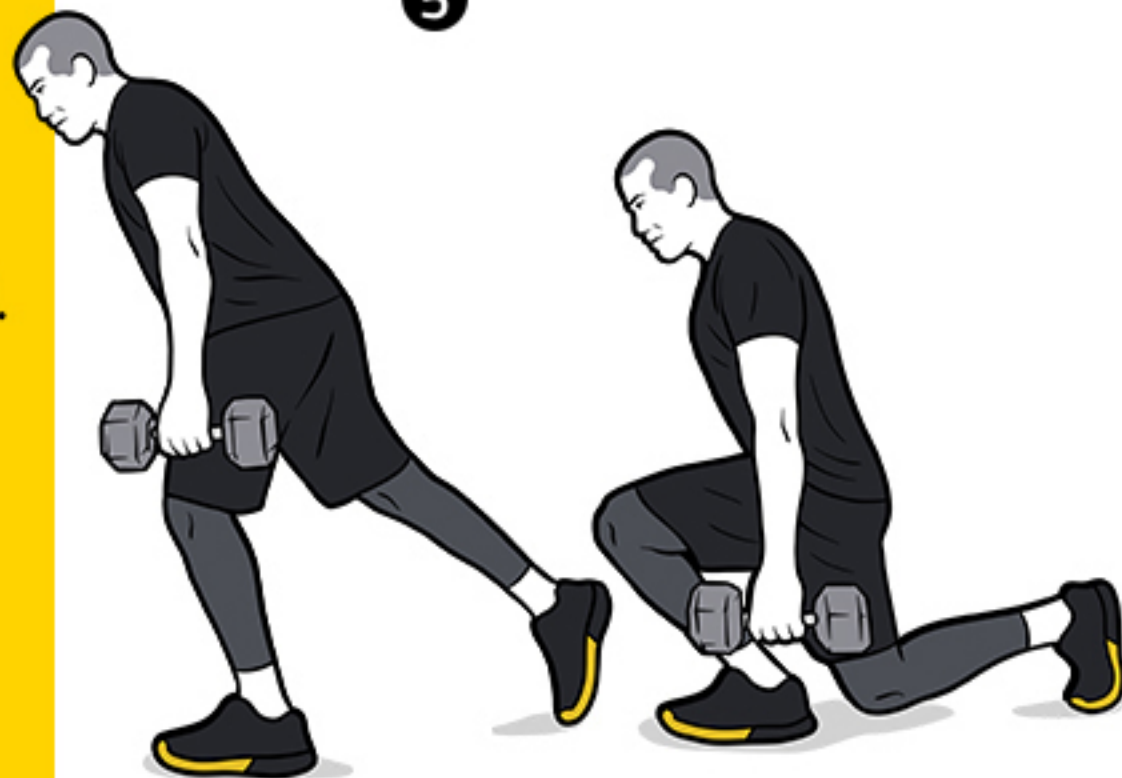
Swings
60 secs

4



Single Arm Rows
60 seconds/side

5



Forward Leaning Lunges
60 secs/side

6



Jump Rope
60 secs

DIFFICULTY: 🔥🔥🔥🔥



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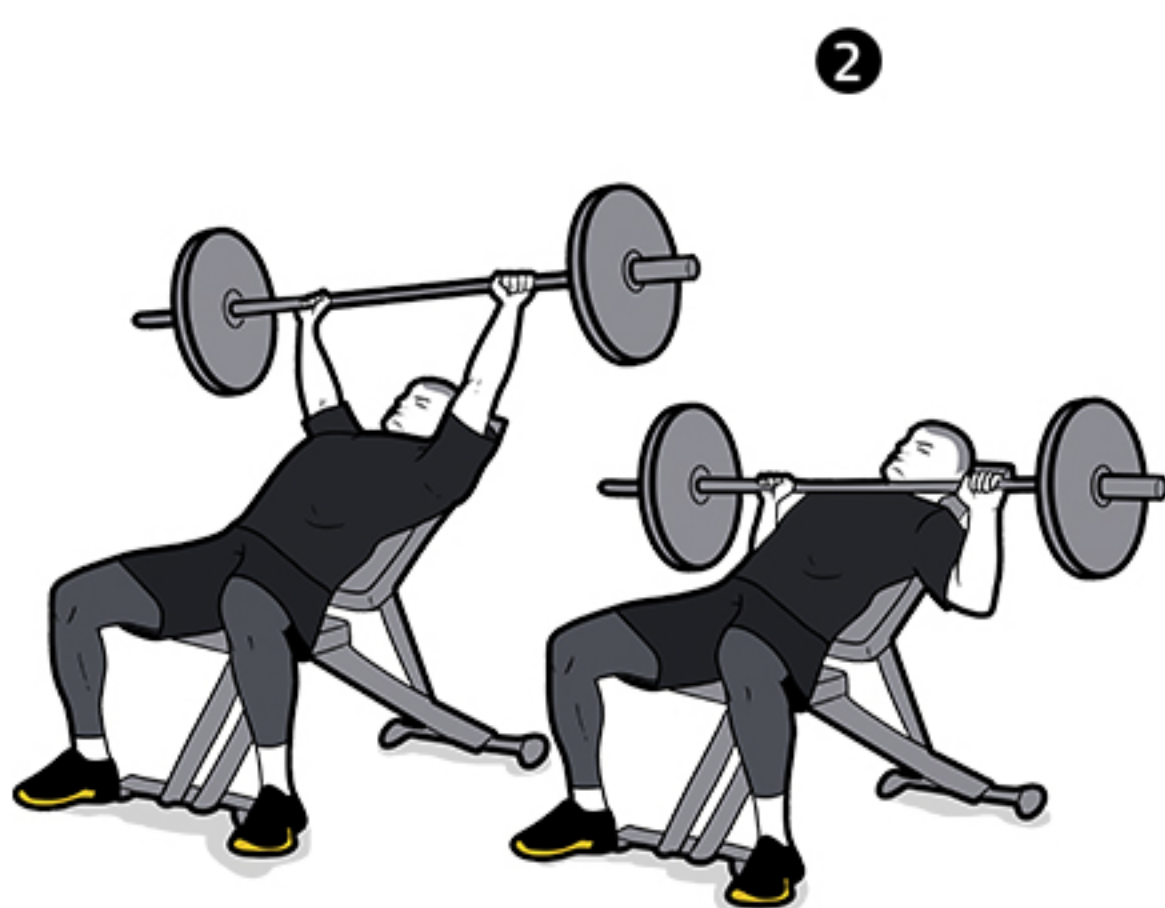
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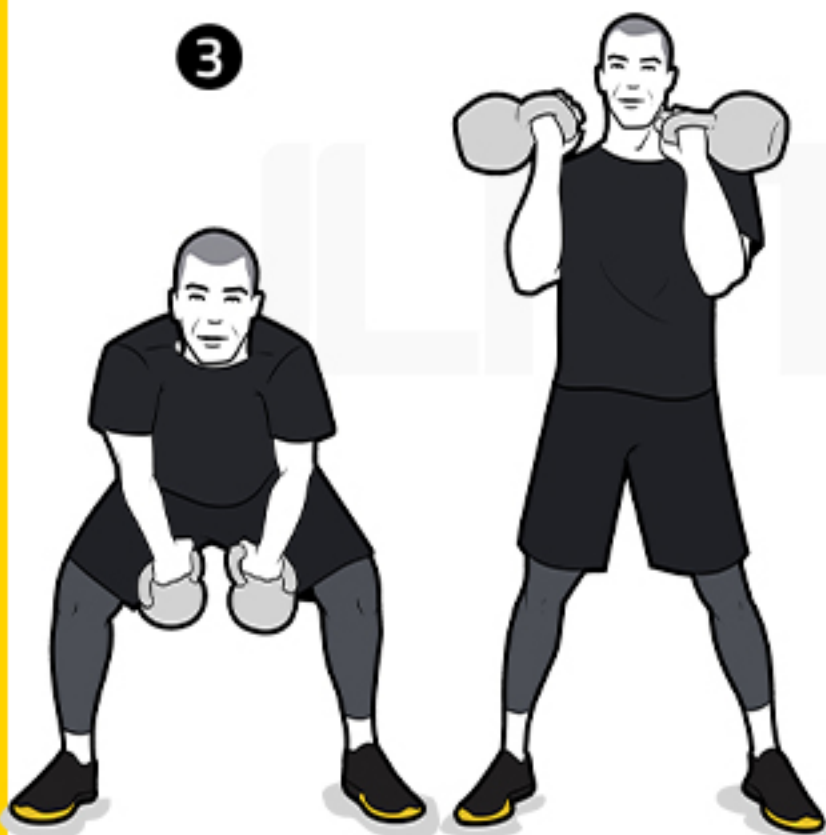
Spartacus workout



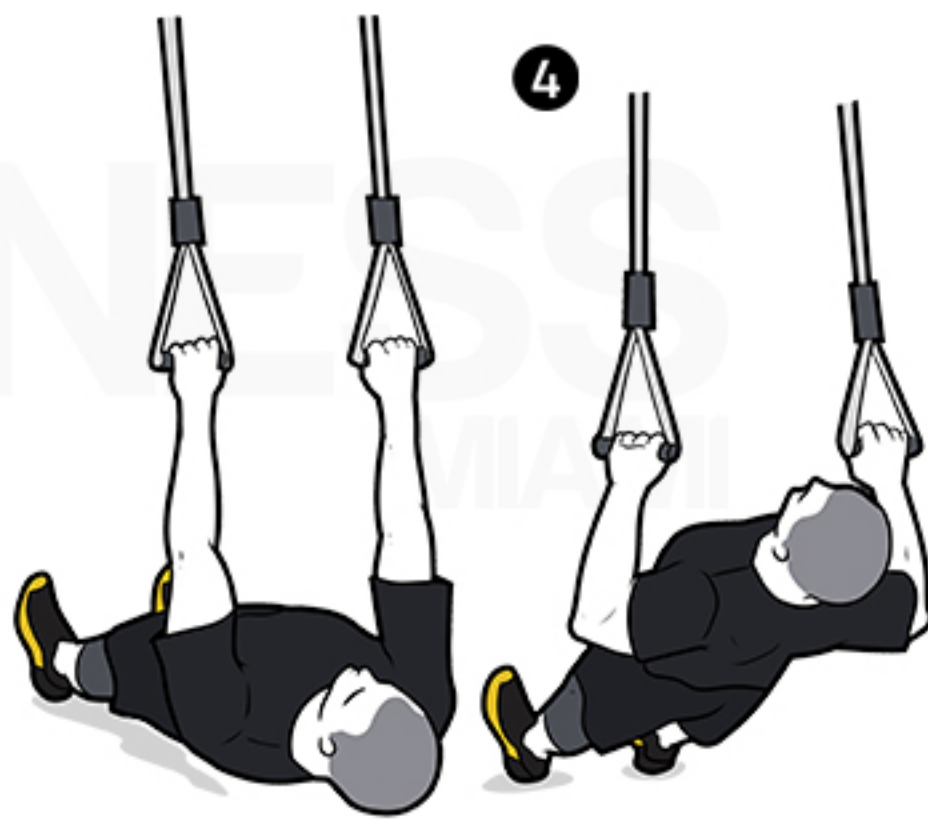
1
Front Squats
60 seconds



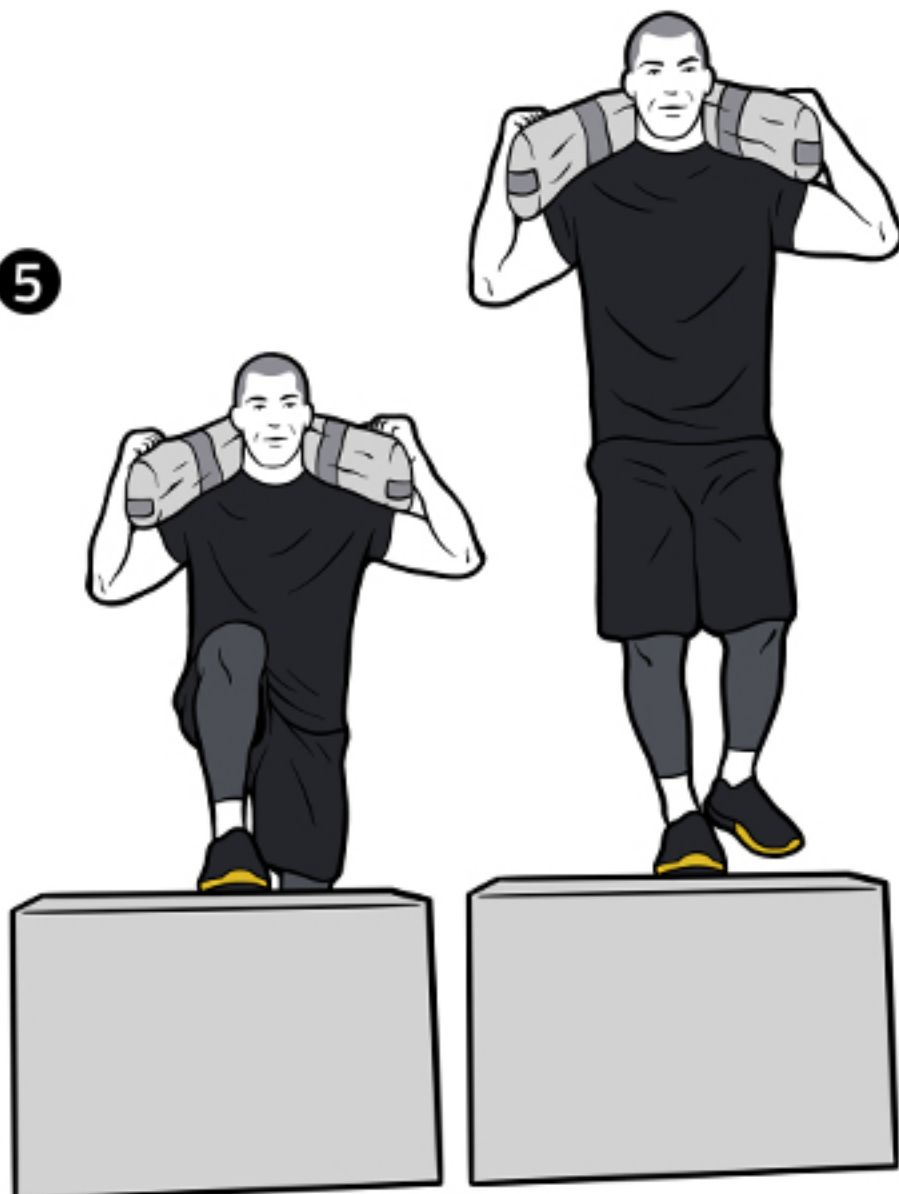
2
Incline Press
60 seconds



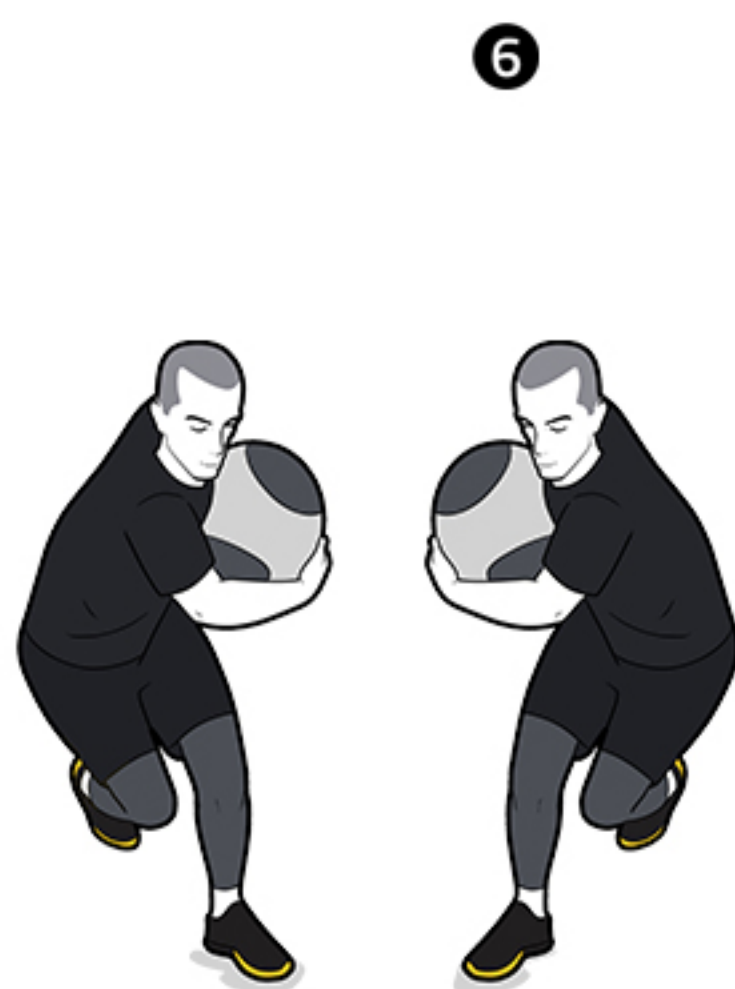
3
Double Cleans
60 secs



4
TRX Rows
60 seconds



5
Sandbag Step Ups
60 secs/side



6
Skaters
60 secs

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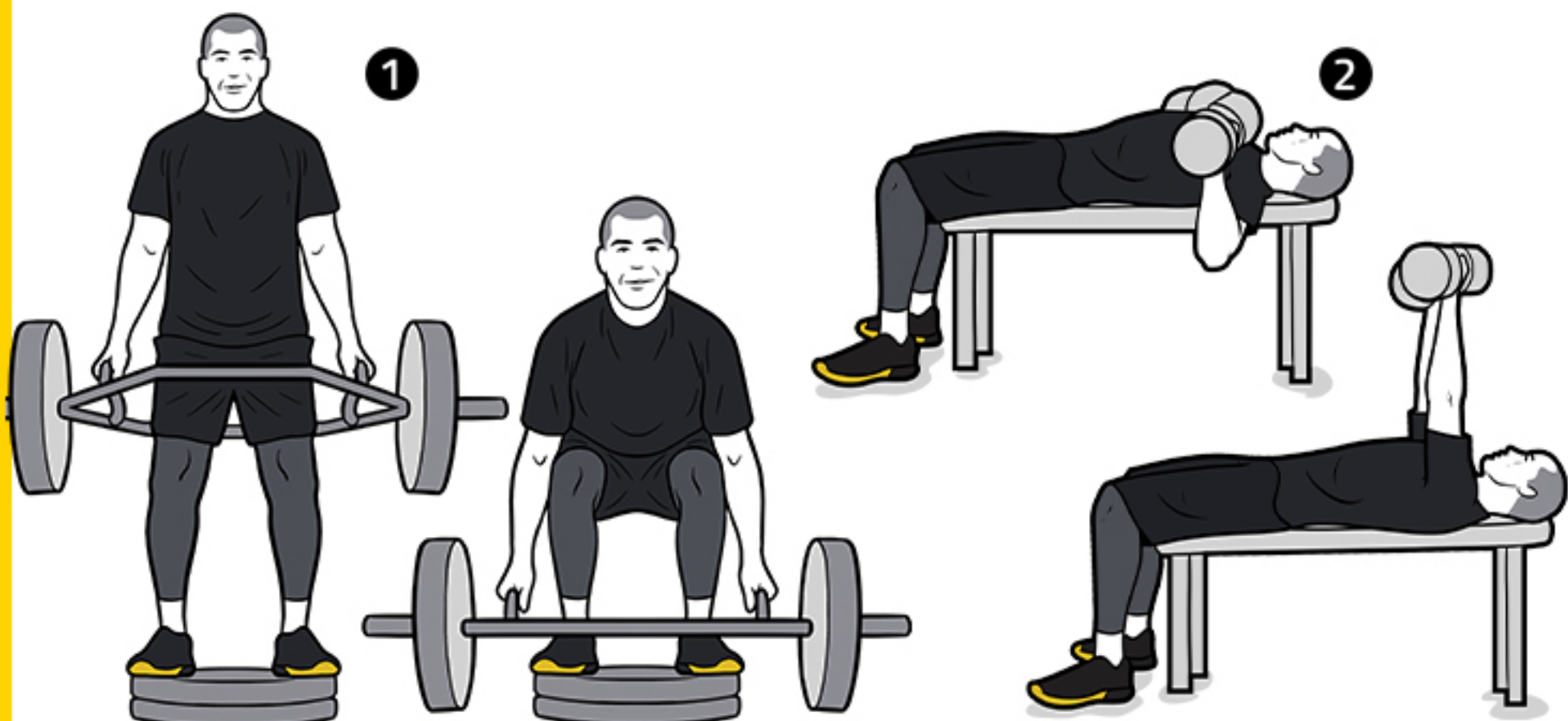
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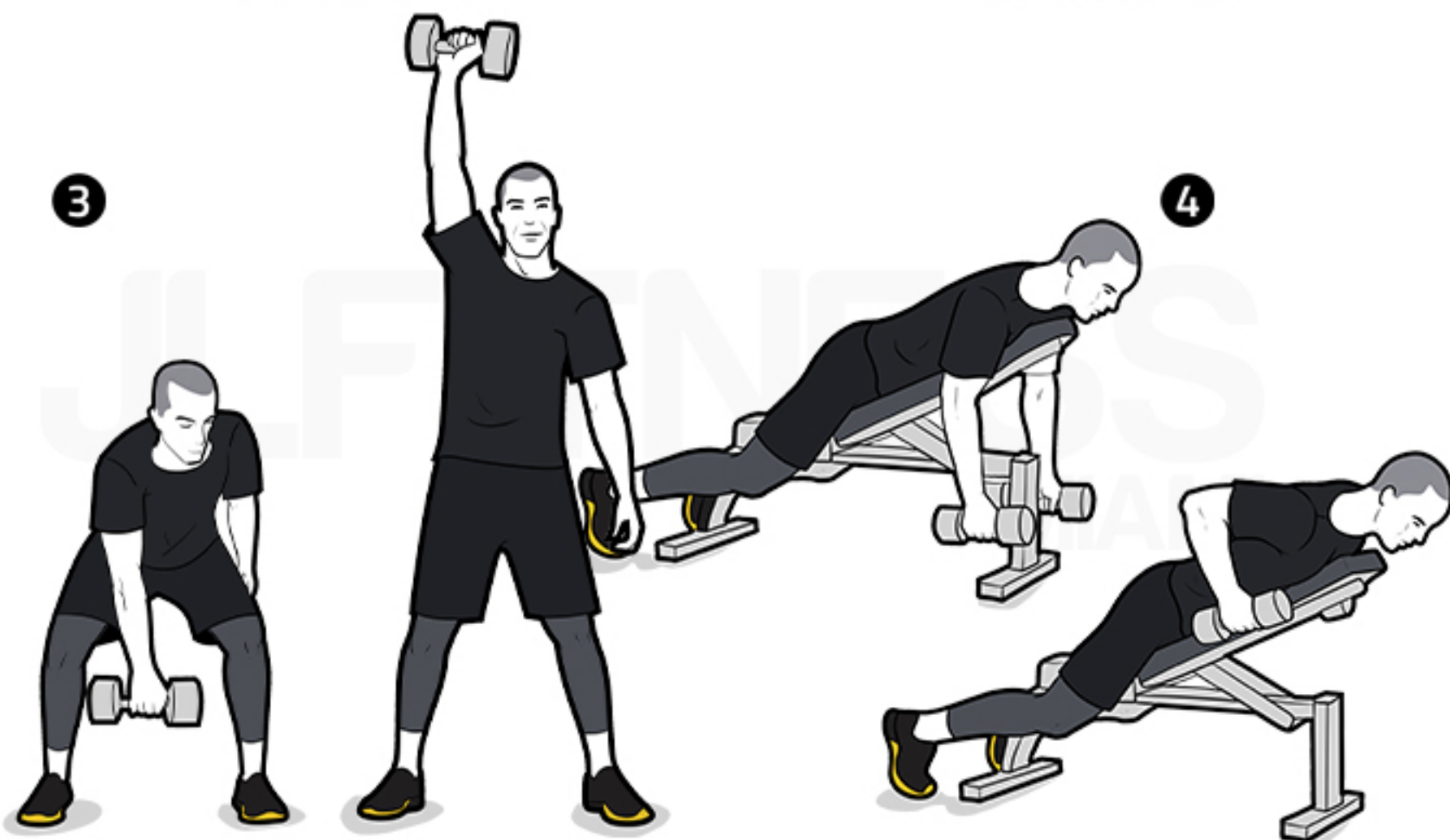
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Spartacus workout



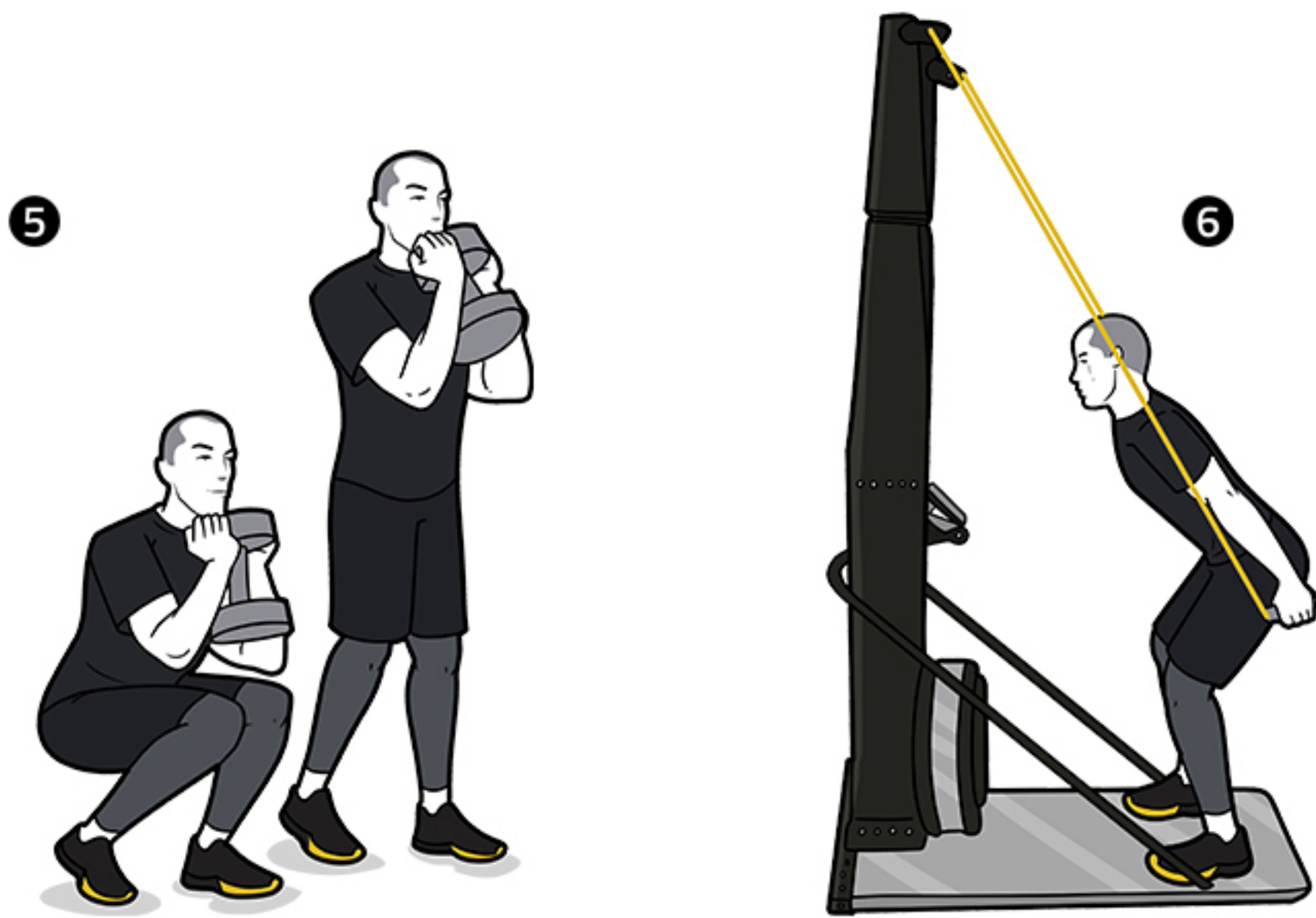
Hexbar Squats
60 seconds

Flat DB Press
60 seconds



DB Snatches
60 secs/side

Bench Supported Rows
60 seconds



Split Stance Squats
60 secs/side

Skierg
60 secs

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