

SPARTACUS 300 (A CARD) - (SUPERSET 2 EXERCISES FOR 2 SETS EACH)

- PUSH-UP ROWS
 - SHIFT PUSH-UPS
 - DEADLIFT O/H PRESS
 - TRICEP EXTENSIONS
 - 4 COUNT HAMMERS
 - DIVE THROUGHHS
 - PUSH-UP SHOULDER RAISE
 - CRUNCH CURLS
 - REVERSE CURL W/PRESS
 - SKULL CRUSHERS
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