

SPARTACUS 500 (ALPHA CARD) – UPPER-BODY BLAST

Complete 20 repetitions of each exercise

- SSH
 - HAMMER CURL PRESS
 - PUSH-UP DUMBBELL ROWS
 - 4 COUNT BICEP CURLS
 - PUSH-UPS WIDE
 - DUMBBELL CRUNCHES (BOTH FEET IN AIR)
 - DUMBBELL CRUNCHES (KNEES TO CHEST)
 - MILITARY PRESSES
 - BENT OVER ROWS (10 ON EACH FOOT)
 - BEHIND THE BACK CURLS
 - CHEST FLYES
 - DIVE BOMBER PUSH-UPS
 - CHEST FLYES
 - DIVE BOMBER PUSH-UPS
 - B&T'S W/HOP
 - DB CRUNCHES (KNEES TO CHEST)
 - VEE-UPS
 - DEADLIFT O/H PRESS
 - TWO ARM STANDING TRICEP EXTENSIONS
 - 21 GUN SALUTE
 - SQUAT AND PRESS
 - MOUNTAIN CLIMBERS
 - 1 ARM DB CRUNCH
 - ULTIMATE CRUNCH
 - TURKISH GET-UPS (10 EACH ARM)
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SPARTACUS 500 (BRAVO CARD) - FULL-BODY BLAST

Complete 20 repetitions of each exercise

- SIDE STRADDLE HOPS
 - ARNOLDS
 - DIVE THROUGHHS
 - JUMP SQUAT W/DB
 - PREACHER CURLS
 - 1 ARM DB CRUNCH
 - WINDSHIELD WIPERS
 - SPARTACUS THRUST & PRESS
 - PIKE PUSH-UP W/LEG SPREADER
 - 21 GUN SALUTE
 - MTN CLIMBERS
 - LOCOMOTIVES
 - GET-UP SIT-UP
 - SIDE AB-CRUNCH
 - SQUAT AND TRICEP EXTENSION
 - SNOW BOARDERS
 - PUSH-UP/DELT RAISE
 - JUMPING LUNGE
 - HAMMER UP & OUT
 - 4 COUNT PLANK
 - FIFER KICKS
 - 1 LEG SQUAT
 - SHIFT PUSH-UPS
 - DECK SQUAT ROLL BACK PUSH-UP
 - JUMP KNEE TUCKS
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SPARTACUS 500 (CHARLIE CARD) – UPPER-BODY BLAST

Complete 20 of each exercise (unless noted differently)

- SSH
 - SQUAT THRUSTERS
 - SIDE LATERAL RAISES
 - ½ MOON PUSH-UP
 - 4 COUNT CURL
 - INS & OUTS
 - REACH DOWN & UNDER
 - DB DEADLIFT O/H PRESS
 - BENT OVER ROWS/ON 1 LEG
 - SPHINX PUSH-UPS
 - STATIC CURLS
 - SKULL CRUSHERS
 - ELBOW TO KNEE FLUTTER CRUNCH
 - SIDE CRUNCH
 - 4 COUNT MILITARY PRESS (10)
 - HAMMER UP & OUT (10)
 - 4 COUNT MILITARY PRESS (10)
 - HAMMER UP & OUT (10)
 - EXPLOSIVE PUSH-UPS
 - 4 COUNT CRUNCH
 - RUSSIAN TWIST
 - 8 COUNT BB'S
 - LADDER CURLS
 - SKULL CRUSHERS
 - ADVANCED JACK-KNIFE
 - FIFER KICKS
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SPARTACUS 500 (CARD DELTA) – LOWER-BODY BLAST

Complete 20 repetitions of each exercise

- SSH
 - SQUAT & CURL
 - MTN CLMBRS
 - JUMP THROUGHHS
 - GET UP SIT-UP
 - SIDE PLANK RAISE
 - JUMP SQUATS
 - BACK LUNGE W/LAT RAISE
 - ROCKET JUMPS
 - DONKEY KICKS
 - BUTT ROCKETS W/TWIST
 - WINDSHIELD WIPERS
 - 1 LEG SQUAT
 - SPLIT SQUAT W/DB PRESS
 - SPRINTERS LUNGE
 - SKI HOPS
 - SIDE OBLIQUE CRUNCH
 - REVERSE CRUNCH/AB PIKE
 - SQUAT/TRICEP EXTENSION
 - HALF-JACKS
 - 1 ARM SQUAT
 - DB DEADLIFTS (1 LEG AT A TIME)
 - SPRINTERS CRUNCH
 - 4 COUNT PLANK
 - JUMP KNEE TUCKS
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