

## SAMPLE POWER TRAINING SPARTACUS WORKOUT

**GOAL: FAT LOSS**

**PHASE: 5**

### WARM-UP

EXERCISE	Sets	Duration	Coaching Tip
Foam Roll: Calves	1	30 sec.	
Foam Roll: IT-Band	1	30 sec.	
Foam Roll: Latissimus Dorsi	1	30 sec.	
Static Stretch: Calves	1	30 sec.	
Static Stretch: Kneeling Hip Flexor Stretch	1	30 sec.	
Static Stretch: Ball Lat Stretch	1	30 sec.	
Cardio	1	5 min	

### POWER TRAINING CIRCUIT

EXERCISE	Sets	Reps	Tempo	Rest	Coaching Tip
Medicine Ball Rotations	1	30-45 sec	Controlled	0 sec	
Dumbbell Chest Press	1	30-45 sec	Controlled	0 sec	
Medicine Ball Chest Press	1	30-45 sec	Explosive	0 sec	
Multiplanar Hops w/ Stabilization	1	30-45 sec	Controlled	0 sec	
Pull-ups	1	30-45 sec	Controlled	0 sec	
Medicine Ball Slams	1	30-45 sec	Explosive	0 sec	
REST				2 min	
Cable Lift/Chop	1	30-45 sec	Controlled	0 sec	
Standing Overhead Dumbbell Press	1	30-45 sec	Controlled	0 sec	
Front Medicine Ball Oblique Throw	1	30-45 sec	Explosive	0 sec	
Multiplanar Single-leg Box Hop-up w/ Stabilization	1	30-45 sec	Controlled	0 sec	
Kettlebell Squats	1	30-45 sec	Controlled	0 sec	
Squat Jumps	1	30-45 sec	Explosive	0 sec	
REST				2 min	

### COOL-DOWN

EXERCISE	Sets	Duration	Coaching Tip
Perform the same stretches as warm-up			

**Coaching Tips:** Perform each exercise for 30-45 seconds before moving to the next exercise. Each circuit can be repeated 2-3 times for more conditioned individuals.