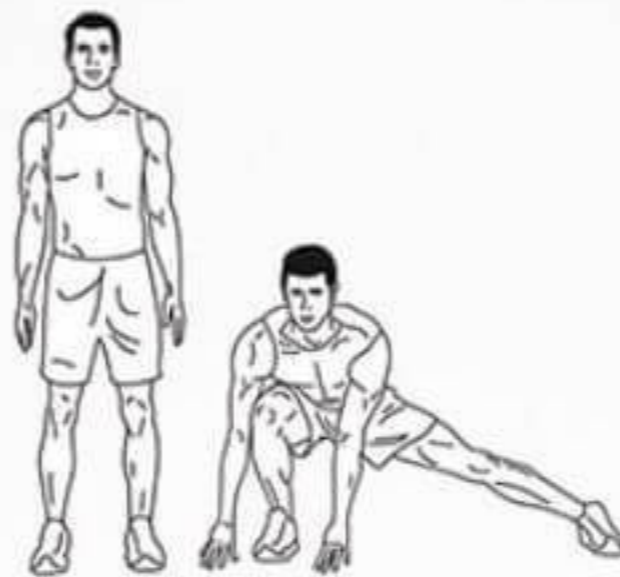


Spartacus Workout

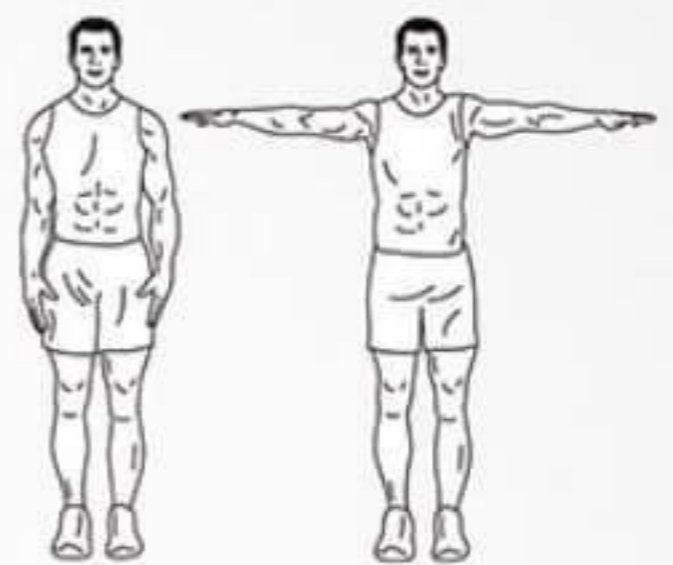
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



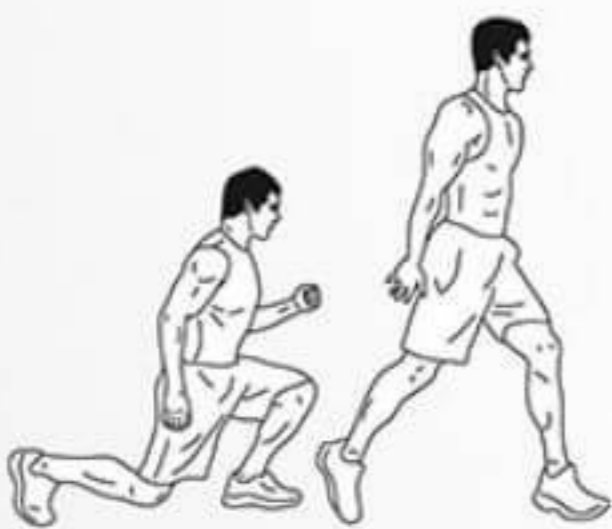
20 squats



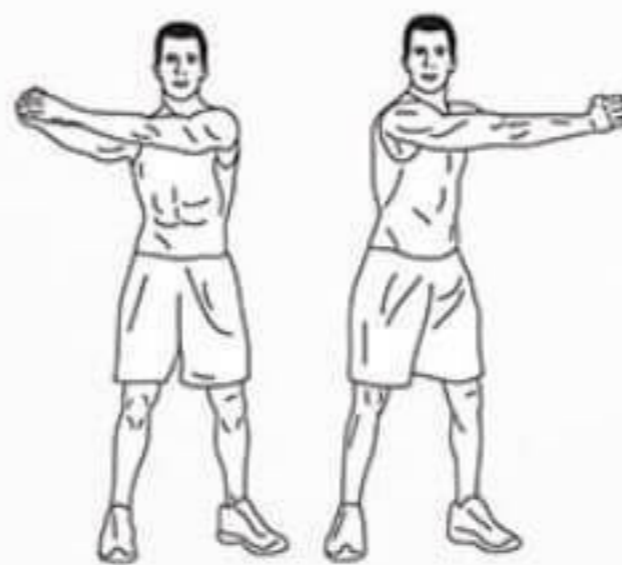
10 deep side lunges



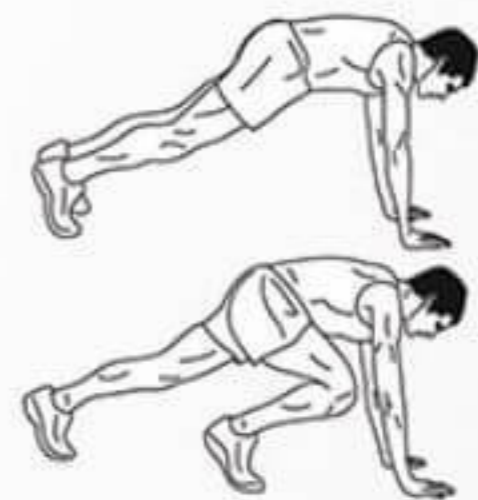
20 arm raises



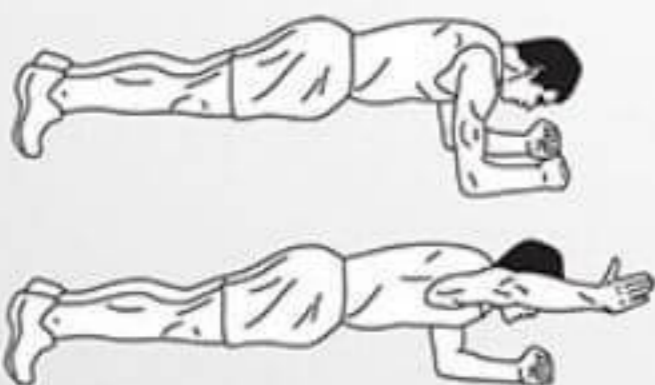
6 jumping lunges



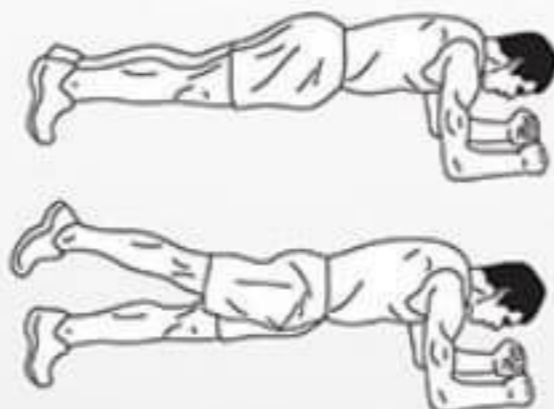
20 side-to-side chops



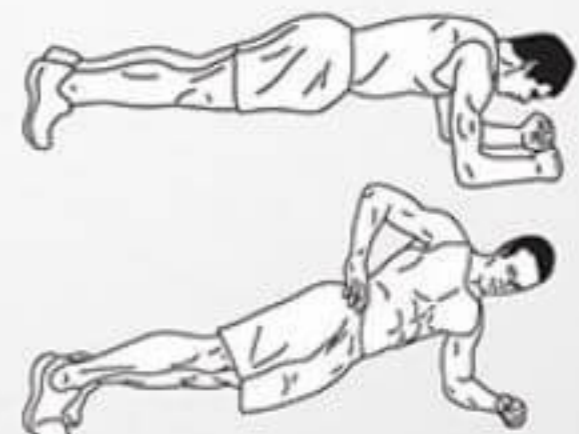
6 slow climbers



10 plank arm raises



10 plank leg raises



10 plank rotations