

THE FUNK ROBERTS SPARTACUS CHALLENGE

WHAT IS THE SPARTACUS WORKOUT

The Spartacus workout is 10 exercises that collectively work every part of your body, and then placed at a 60-second station, in order to challenge your heart and lungs as well as your muscles. The final product: A high-intensity circuit that's designed to burn away fat, define your chest, abs, and arms, and send your fitness levels soaring. So you'll sculpt a lean, athletic-looking body—while getting in the best shape of your life.

You will perform the Spartacus Workout as a circuit, doing one set of each exercise in succession. Each exercise is timed for 60 seconds. You will do as many reps as you can, in that duration (with perfect form), then move on to the next station in the circuit. Lucky for you, you'll get 15 seconds to transition between stations, and then move onto the next exercise.

After you complete all 10 exercises or one circuit in succession you will rest for 2 minutes. Then repeat 1 to 2 more times. That is what is called a 60-15 Interval workout (60 seconds of work followed by 15 seconds of rest). Total workout takes 41 minutes.

Before you even think about starting one of the workouts, you have to warm up. Whether it's on a treadmill or stationary bike, or skipping or Kettlebell Expert Ryan Shanahan's famous Energy Flow WarmUp that I use before every workout and training session – see link, You must warm up

ENERGY FLOW WARM UP -

<http://www.youtube.com/watch?v=0is9WnvK9rQ>

For every action there is a reaction. After each workout, you must stretch the muscles out. You should only stretch the muscle AFTER you have warmed then up. The Spartacus workouts don't allow you to maximize your time to stretch the muscles out quickly between rounds, so stretching after the workout is key.

To start you will need to take measurements. The measurements will only require a tape measure used by tailors and a means to measure your body fat percentage

BEFORE STATS

Waist: _____ Hips: _____ Right thigh:
_____ Left thigh: _____
Right arm: _____ Left arm: _____ Bust/Chest:
_____ Neck: _____
Bodyweight/BMI: _____ / _____ Body fat %*:

AFTER STATS

Waist: _____ Hips: _____ Right thigh:
_____ Left thigh: _____
Right arm: _____ Left arm: _____ Bust/Chest:
_____ Neck: _____
Bodyweight/BMI: _____ / _____ Body fat %*:

* You can use several different methods to determine your body fat percentage.

You will have to take before and after pictures if you want to be part of the Spartacus Challenge

Name: _____

Today's Date: _____

This should be a **full frontal, side and back view.**

FUNK ROBERTS SPARTACUS WORKOUT #1

PERFORM WORKOUT 3 DAYS – MONDAY, WEDNESDAY, FRIDAY

(You can alter days; ensure you get one day to rest between workouts)

2 Rounds of 10 Exercise Circuit

Perform each exercise for 60 seconds of work followed by 15 seconds of rest

Total Workout time 41 minutes

1. Alternate Kettlebell Swings
2. Half Burpees with Split
3. Alternate Sots Press
4. Bicycle Crunches
5. Push Ups
6. Goblet - Kettlebell Squats
7. Alternate Plank Reach-Under
8. Sprawls
9. Roll-ups
10. Double Kettlebell Cleans

EXERCISE DESCRIPTIONS

1. Alternate Kettlebell Swings - Men – 30- 50 pounds - women – 15-25 pounds

- Hold kettlebell (dumbbell) at arms legs down at your waist.
- Swing the kettlebell between your legs and thrust your hips forward to swing the kettlebell up to shoulder height.
- Do not round your lower back and bend at your hips and knees.
- Swing the weight back and forth – *USE THE HIPS TO THRUST THE KETTLEBELL, NOT YOUR SHOULDERS*
- Alternate arms during the swings or switch arms after 30 seconds

2. Half Burpees with Split

- Get into push up position and thrust your legs toward you chest
- Explode your legs back to push up position and then split your legs. If you need to go slow, then go slow

3. Alternate Sots Press – Men 20-30 pounds – Women 5-15 pounds

- Clean your kettlebells (dumbbells) and go into a full squat. (the lower the better)
- From the bottom position press right kettlebell up and out until it is locked overhead
- Bring it kettlebell back to resting position and repeat with the left hand
- Do this exercise continuously
- Flex your glutes and abs for added stability
- Make sure the glutes are rested on your calves for added stability
- Crush grip (hold tight) the kettlebell handle
- Do not do this exercise if you cannot do a full spot – go on your knees

4. Bicycle Crunches – targets rectus abdominals and the oblique's

- Lie face up on the floor and place your fingers beside your head
- Bring the knees in towards the chest and lift the shoulder blades off the ground without pulling on the neck.
- Straight the left leg out to about a 45-degree angle while simultaneously turning the upper body to the right,
- Bringing the left elbow towards the right knee.
- Switch sides, bringing the right elbow towards the left knee.
- Continue alternating sides in a 'pedaling' motion for 12-15 reps.

5. Push Ups

- Assume the classic push up position, with your weight on your hands and balls of the feet.
- Space your hands just wider than shoulder width apart
- Keeping your back straight, bend your elbows to lower yourself to the floor.
- When your chest is just off the floor, push yourself back up to the starting position.
- Always start with regular pushups
- If you need to go to your knees, then do so but finish the allotted time

6. Goblet - Kettlebell Squats – Men 30 – 50 pounds Women – 15- 30 pounds

- With both hands, grab the bottom of the kettlebell at your chest, and stand with your feet slightly beyond shoulder width (if you are using the dumbbell grasp it vertically by one end)
- Sit back and down like you are sitting in a chair
- Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor
- Spread the knees with your elbows. As you reach your lowest point your elbows will be between your legs. Use your elbows to gently spread your knees a bit wider.
- Pause, Stand back up. Drive your heels into the ground, squeeze your gluteus, and stand back up.

7. Alternate Plank Reach-Under

- Get into pushup position
- Hips off the floor and hold. As you hold that position, reach under your body and then reach straight up toward the ceiling.
- Bring your arm back to the ground and into a plank position,
- With the alternate side get into a side plank position keeping hips off the floor and hold
- Bring your body into side plank, reach under your body and then reach straight up toward the ceiling.
- Repeat

NOTE: If you need to you can start the week off by doing this exercise on your forearms

8. Sprawls

- Squat down and sprawl legs back wide
- Drive your hips down to the ground
- Explode onto your feet
- Your torso should be up, chest up
- Repeat

9. Swiss Ball Roll-ups

- Start by getting into a push up position with the tops of your feet on a Swiss ball.
- Your body should form a straight line from your toes to your shoulders with your hands positioned just slightly wider than your shoulders.
- Keeping your back flat and abs tight bend your knees and roll the ball toward your torso.
- Squeeze your abs for a second and then roll the ball back to the starting position

10. Double Kettlebell Cleans – Men 20-30 pounds Women 10-15 pounds

- Place two kettlebells between your legs
- To get into starting position push your butt back and look straight ahead
- Raise the kettlebell straight up as fast as possible and take the kettlebells to your shoulders
- Lower the kettlebells back to start and repeat
- Drive forcefully through your hips
- Get your hands around the kettlebell rather than letting the kettlebells flip around and bang up your wrists
- Flex your stomach and glutes at the top of the clean

FUNK ROBERTS SPARTACUS WORKOUT #2 – WEEK 2

**PERFORM THIS WORKOUT 3 DAYS – MONDAY,
WEDNESDAY, FRIDAY**

*(You can alter days; ensure you get one day to rest
between workouts)*

3 Rounds of this 10 Exercise Circuit

**Perform each exercise for 60 seconds of work followed
by 15 seconds of rest**

Total Workout time 41 minutes

Workout #2

1. Two Arm Kettlebell Swing
2. Jump Split Squats
3. Alternating Kettlebell Cleans
4. Dive Bombers
5. Lying Butt Bridge
6. Kettlebell Renegade Row
7. Burpees
8. Plank Into Push Up
9. Jump Squats
10. Two Arm Kettlebell Push Press

EXERCISE DESCRIPTIONS

1. Two Arm Kettlebell Swing

- Hold kettlebell (dumbbell) with two hands at arms legs down at your waist.
- Swing the kettlebell between your legs and thrust your hips forward to swing the kettlebell up to shoulder height.
- Do not round your lower back and bend at your hips and knees.
- Swing the weight back and forth – *USE THE HIPS TO THRUST THE KETTLEBELL, NOT YOUR SHOULDERS*
- Continue swinging back and forth for the duration of the workout you are following

2. Jump Split Squats

- Stand with your feet staggered about 18 to 24 inches apart, front and back.
- Jump up and while in the air quickly switch legs forward and backward.
- Land and absorb the impact softly by bending both legs until the back knee is about an inch from the ground.
- Keep your chest up and maintain good posture throughout. The front knee shouldn't move too far past the toes.

3. Alternating Kettlebell Cleans

- Place two kettlebells between your feet.
- To get in the starting position, push your butt back and look straight ahead.
- Clean one kettlebell to your shoulder and hold on the the other kettlebell.
- Take the cleaned kettlebell back to the floor then clean the other kettlebell
- As you clean one kettlebell let the other kettlebell hang in the opposite arm
- Do not shrug the kettlebell or bend your elbow

4. Dive Bombers

- Get in the basic push up position by lying face down on the ground.
- Place your hands and legs a little more than shoulder width apart.
- Lift yourself off the ground with your arms, extending your legs and raising your buttocks to a peak position. Your buttocks will be protruding in the air.
- Slowly lower your body, with your head leading the movement, toward the ground as if it were sweeping the floor. Keep going forward in a steady but stable manner until you feel your back arching.
- Bring the top of your head up as high as you comfortably can once you've made an arch in your back. This will take you completely out of the peak position. Do not touch the ground except for your hands and feet.
- Reverse the direction of the same sweeping movement. You will bring yourself back into the peak position by leading with your buttocks.

- Repeat the dive-bomber exercise. Be sure to breathe deeply and evenly throughout the movement.

5. Swiss Ball Butt Bridges

- Lie flat on your back on a mat with your knees bent pointing up to the ceiling and your arms at your sides.
- Simply raise your pelvis up toward the ceiling to a point where your body will be at a about a 45 degree angle relative to the floor.
- At the top of the movement, be sure to really flex your butt for a one-count.
- Return to the start position and repeat.

6. Renegade Row

- Place a pair of kettlebells (dumbbells) on the floor, approximately shoulder-width apart.
- Get into the top position of the push up holding on to two kettlebells that are less than shoulder width apart.
- Push one kettlebell into the floor and pull the other kettlebell.
- Hold the kettlebell in the working arm in the top position for a second and repeat. Alternate arms
- Push the kettlebell of the non-working arm into the floor with as much force as possible
- Flex your butt and stomach for added stability

7. Burpees

- Stand with your feet together squatting down
- Kick your feet backwards until you are in the push up position maintaining a straight back.
- Without pausing, jump your feet back forward between your hands and jump up as high as you can.
- Return to the start position

- Make sure you explode up into the air

8. Plank to Push Up

- Begin in a push up position but with your elbows on the ground and resting on your forearms
- Your elbows should be bent at a 90 degree angle
- Push off the ground with one arm and then the next. Squeeze your abs as you push up
- You should be lifting yourself up to a fully extended push up position
- Lower back down to the starting position and repeat, this time leading

9. Kettlebell Jump Squats

- Hold the bottom of the kettlebell chest high
- Stand with your feet wider than your shoulders. Tighten your abdominal muscles so your pelvis rolls forward. This will eliminate the curve in your lower back so you don't injure it during the exercise.
- Lower your hips as if you are sitting in a chair until your thighs are almost parallel to the floor.

Lean forward as necessary to keep your balance.

- Jump up, straightening your legs as your feet leave the floor. Return to the same position when you land, feet apart, heels on the floor and hips back.
- Do not to let your knees extend over the tops of your toes when you land.

10. Two Arm Kettlebell Push Press

- Clean two kettlebells to your shoulders.
- Squat down a few inches and reverse the motion rapidly.
- Use momentum from the legs to drive the kettlebells overhead.
- Once the kettlebells are locked out, lower the kettlebells to your shoulders and repeat.
- Do not squat down too far.
- Breathe in as you lower the height and breathe out as you push press the kettlebells over head

THE FUNK ROBERTS SPARTACUS CHALLENGE

Burn Fat Faster Than Ever

WORKOUT #3 -WEEK THREE

DIRECTION

Do this circuit 3 days a week. Monday-Wednesday-Friday

Perform 1 set of each exercise in succession. Each exercise lasts 60 seconds. Do as many reps as you can, with perfect form, in that time, and then move on to the next station. Take a 15 second rest and move to next exercise within that time, and rest for 2 minutes after you've completed 1 circuit of all 10 exercises. Then repeat two more times for 3 complete rounds.

If you can't go the entire minute, rest a few seconds and then resume until your time at that exercise time is up. Use a weight that's challenging for 15 to 20 reps. The workout takes 41 minutes to complete.

Warm up and stretch after your workout

Week 3

THE FUNK ROBERTS SPARTACUS CHALLENGE

Burn Fat Faster Than Ever

WORKOUT #3 -WEEK THREE

DIRECTION

Do this circuit 3 days a week. Monday-Wednesday-Friday

Perform 1 set of each exercise in succession. Each exercise lasts 60 seconds. Do as many reps as you can, with perfect form, in that time, and then move on to the next station. Take a 15 second rest and move to next exercise within that time, and rest for 2 minutes after you've completed 1 circuit of all 10 exercises. Then repeat two more times for 3 complete rounds.

If you can't go the entire minute, rest a few seconds and then resume until your time at that exercise time is up. Use a weight that's challenging for 15 to 20 reps. The workout takes 41 minutes to complete.

Warm up and stretch after your workout

FUNK ROBERTS SPARTACUS WORKOUT #3 – WEEK 3

**PERFORM THIS WORKOUT 3 DAYS – MONDAY,
WEDNESDAY, FRIDAY**

(You can alter days; ensure you get one day to rest between workouts)

3 Rounds of this 10 Exercise Circuit

Perform each exercise for 60 seconds of work followed by 15 seconds of rest

Total Workout time 41 minutes

WORKOUT #3

- 1. Kettlebell Curl and Press**
- 2. Push up to Alternate Front Punch and Rear Kick**
- 3. Box/Bench Jumps**
- 4. Swiss Ball Plank**
- 5. Walkouts**
- 6. Alternate Kettlebell Floor Press**
- 7. High Knees**
- 8. Swiss Ball Ab Crunch**

9. Spiderman Push Ups

10. Plyometric Speed Skaters

EXERCISE DESCRIPTIONS

1. Kettlebell Curl and Press (you can use a Dumbbell) – Men 20-30lbs and Women 10-15lbs

1. To do this exercise, curl the kettlebells up to the shoulder.
2. Turn the kettlebell and press it straight up over your head
3. Bring the Kettlebells back down to starting position
4. Breathe out during the curl and then again on the press overhead

2. Push up to Alternate Front Punch and Rear Kick

1. Get in the push up position.
2. Lower your torso to the ground until your elbows form a 90 degree angle.
3. Keep your elbows close to your body for more resistance.

4. Raise yourself by pushing the ground away from you and exploding up
5. Breathe out as you push
6. At the top of the movement punch with your left hand and kick back with your right foot.
7. Repeat the push up and on the way up punch with your right hand and kick back with your left foot
8. Continue to alternate legs and arms

3. Box/Bench Jumps

1. Set up your box or bench in a sturdy area
2. If you need to use an aerobics step, a workout box, bench or even a park bench to do a box jump. Set the box up so you have at least a few feet to move on either side.
3. The box jump requires a good amount of explosive power and muscle contraction in your lower body.
4. Stand in front of your box with your hands at your sides. With your feet roughly shoulder width apart, jump up onto the box, hold your position on top of

the box for a count of one second and then jump back down.

5. Use your arms to help you explode onto the box

6. Make the exercise dynamic.

4. Swiss Ball Plank

1. Kneel in front of the Swiss ball and place elbows on the top of the ball in the centre.

2. Slowly roll the ball away from your body until there is a straight line through knees, hips and head and your weight is being supported through your elbows down on to the ball.

3. Hold the position for the allotted time

4. Once you are in this position it may be necessary to tilt the pelvis so that it is held in neutral with correct lumbar spine alignment.

5. **NOTE:** If the main pressure is felt in the low back, either your alignment is incorrect or you have insufficient abdominal strength-endurance to hold the correct line.

5. Walkouts

1. Start in a standing position with your feet shoulder width apart, your shoulders pulled back and your arms relaxed at your side.
2. Slowly bend forward, keeping a slight bend in your knees and making sure you don't round off your shoulders
3. Bend forward and gently stretch your hamstrings until your hands touch the floor and then walk yourself out in a push-up position
4. Pushing off the ground without your body touching the ground, slowly walk back up to the starting position.

6. Alternate Kettlebell Floor Press – (Men – 30-50lbs Women 15-25 lbs)

1. Lie on the floor and position two kettlebells for a press
2. Press one kettlebell straight up toward the ceiling
3. Lower the pressed kettlebell back to the floor and press the kettlebell in the other arm to the ceiling
4. Flare your lats as you press the kettlebell

5. Contract your abs and glutes

6. Grip the KB as hard as you can (crush grip)

7. High Knees

1. Stand with both feet together. Start running in place getting your knees as high as possible.

2. Performing this exercise on your toes will demand extra endurance and is worth it.

3. Increase your speed and get as high as possible.

4. Always perform with comfortable training shoes to avoid causing any stress onto your leg muscles and joints.

5. Focus on running with your back straight and head up, taking your hands up high by the side of your head, whilst lifting your knees naturally as high as they can go.

6. Throughout the action breathe deeply, aiming for large controlled movements.

8. Swiss Ball Ab Crunch

1. Start by sitting on the ball. From the sitting position, walk your body forward until your hips are just off the ball and your back is over the ball.
2. Keep your feet about shoulders width apart to help you maintain your balance, and place your hands behind your head.
3. While keeping your hips and lower body still, crunch forward and lift your shoulder blades off the ball.
4. Hold at the top for 1 second and slowly lower back down to the starting position.

NOTE: Using the ball increases the range of motion and challenges balance. The more your hips are on the ball the more challenging the exercise. As you roll down further and take your hips off the ball, you decrease the range of motion.

9. Spiderman Push Ups

1. Get into push-up position with your hands under your armpits, your body straight and raised in the air, and your feet hip-width apart.

2. Lower your body as you inhale. Lift your left foot off the floor and bring it toward your head as you rotate your shoulders to the left. Look at your knee.
3. Hold this position for a count of two. Exhale and put your foot back down as you simultaneously rotate your body back to straight, and resume your original push-up position.
4. Repeat the exercise on the right side by lowering and rotating your body to the right as you pick up your right foot and bring your right knee toward your head.

10. Plyometric Speed Skaters

1. Stand with your feet shoulder width apart, bend your knees to lower your body 8-10 inches
2. Lean forward until your shoulders are positioned above your knees, bending at the waist while maintaining good posture in your upper back.
3. Begin by lightly hopping sideways about 2 feet and landing on your right foot, then hop sideways back onto your left foot

4. Land with your feet in a strong and full-foot position.
5. Explode from side to side and you can increase the lateral distance of your hopping from 2 feet to 6 feet as you become more powerful.
6. Your legs will look like a speed skater powerfully pushing from side to side.

THE FUNK ROBERTS SPARTACUS CHALLENGE

Burn Fat Faster Than Ever

WORKOUT #4 -WEEK THREE

DIRECTION

Do this circuit 3 days a week. Monday-Wednesday-Friday

Perform 1 set of each exercise in succession. Each exercise lasts 60 seconds. Do as many reps as you can, with perfect form, in that time, and then move on to the next station. Take a 15 second rest and move to next exercise within that time, and rest for 2 minutes after you've completed 1 circuit of all 10 exercises. Then repeat two more times for 3 complete rounds.

If you can't go the entire minute, rest a few seconds and then resume until your time at that exercise time is up. Use a weight that's challenging for 15 to 20 reps. The workout takes 41 minutes to complete.

Warm up and stretch after your workout

FUNK ROBERTS SPARTACUS WORKOUT #4 – WEEK 4
PERFORM THIS WORKOUT 3 DAYS – MONDAY,
WEDNESDAY, FRIDAY

(You can alter days; ensure you get one day to rest between workouts)

3 Rounds of this 10 Exercise Circuit

Perform each exercise for 60 seconds of work followed by 15 seconds of rest

Total Workout Time: 41 minutes

WORKOUT #4

- 1. Double Kettlebell Swings**
- 2. Overhead Kettlebell Alternate Lunges**
- 3. Tuck Jumps**
- 4. Alternate Plank Kick Unders**
- 5. Double Kettlebell Squat and Press**
- 6. Swiss Ball Leg Curls**
- 7. Kettlebell Pass and Shoot**
- 8. Side to Side Bench Hop Overs**
- 9. KB Catch and Press 10. Swiss Ball Jack Knife**

EXERCISE DESCRIPTIONS

1. Double Kettlebell Swings (Men 30 lbs plus – Women 20 lbs plus)

- Place two kettlebells between your feet.
- Push back with your butt and bend your knees to get into the starting position.
- Make sure that your back is flat and look straight ahead.
- Swing the kettlebells between your legs forcefully.
- Quickly reverse the direction and drive through with your hips taking the kettlebells straight out to chest level.
- Let the kettlebells swing back between your legs and repeat.

2. Overhead Kettlebell Alternate Lunge (Men 20lbs plus – Women 10 lbs plus)

- Start off holding a kettlebell in each hand.
- Clean and Press the kettlebells up above your head with your arms locked out at the elbows and try to push your shoulders up around your ears.

- Take a breath in and step forward with your left foot, placing your weight on your heel.
- Rather than lunging forward as the name suggests, pull your hips and your right knee toward the floor.
- Push off your front foot and return to the standing position with your feet together. Repeat with the right foot – (Do not drag your front foot)
- As you exhale lower yourself to the ground, maintaining your balance by bending at the knee on the trail leg, aim to get your weight over the forward leg and for your knee barely brushing the ground – (Make sure your knee does not extend past your front toes)
- Remember to keep the back straight and your abdominals drawn in throughout.
- Tighten your glutes and quads as you push up through the heel (in the front leg) to return to the start position.
- Perform the same process for the other side and repeat

3. Tuck Jumps

- Stand with your feet shoulder width apart.
- Leap straight up in the air as high as you can, tucking your knees into your chest and pulling your feet into your butt.
- Spring off the ground the instant you land on both feet, propelling yourself back into the position held at the end of Step 2.
- Land on the balls of your feet with soft knees
- Swing your arms up to assist you in getting off the ground

4. Alternate Plank Kick Unders

- From the starting position, start by bending the knee of one leg and crossing the foot under and across your body.
- As you bring the leg under and across, lift the opposite hand off the floor.
- Then, extend the crossing leg until you touch the raised hand with the opposite foot.

- Try to keep your hips level as you do this; stabilize yourself through your abs
- Return hand and foot to the starting position and then switch arms and repeat

5. Double Kettlebell Squat and Press (Men 35 lbs plus – Women 20 lbs plus)

- Clean the two kettlebells to your shoulders and take a stance that you find comfortable for your body type.
- As you squat down push your butt out. Look straight ahead at all times
- Squat as low as you can pause for a second and rise back up.
- Breathe in as your squat down and breathe out when you stand up
- Flex your glutes and stomach and explode through your heels

6. Swiss Ball Leg Curls

- While lying on your back, place your lower legs on a Swiss ball.

- Then, put your hands flat on the floor next to your hips.
- Push your hips up so that your body forms a straight line from your shoulders to your knees.
- Without pausing, pull your heels toward you and roll the ball as close as possible to your butt.
- Pause, and then roll the ball back until your body is in a straight line again.

7. Kettlebell Pass and Shoot (Men 30lbs plus – Women 20lbs plus)

- Grab a kettlebell by the handle with two hands and hold it up to your chest
- Keeping your abs tight twist your body to the right, (make sure you pivot your left foot) and press the kettlebell out and forward (like you are passing a basketball)
- Extend your arms fully and squeeze the muscles
- Then twist your body to the left (make sure you pivot your right foot) and press the kettlebell out and forward

- Bring the kettlebell back to your chest and press straight up over your head (you can use your legs to help you press the kettlebell up)
- Bring the kettlebell back to your chest and repeat the entire sequence
- Keep your abs tight, legs loose and squeeze your muscles with each press

8. Side to Side Bench Hops Overs

- Place your hands on a bench, leaning forward with both legs off to the same side.
- Bending your knees slightly, propel yourself over the bench to the other side.
- Land two footed on the toes
- Keep your arms straight during this motion and your shoulders directly over your wrists.
- Bend knees, absorb energy and immediately after landing, hop back to the original side.

9. Kettlebell Swing, Catch and Press

- The rhythm of high-rep ballistic movements is "tight-loose-tight."
- Grab the kettlebell with both hands and swing it up ensuring you use your hips and tighten your glutes
- Loosen the kettlebell as you guide it upward, and tight again as you catch it
- Holding the kettlebell in both hands press it above the head

10. Swiss Ball Jack Knife

- To do this regular variation of the Jack knife, begin by placing both shins on the Swiss ball and both your hands straight on a bench in front of you.
- Try to keep both hands a little wider apart than your shoulders.
- Make sure to maintain a straight line from your head to your toes.
- Roll the ball toward your upper body with your legs together while curling your abs and bending your knees to your chest.

- Try to bring your knees as close to your chest as you can but you don't have to actually touch them to your chest. Then, slowly roll the ball back to the starting position.
- At first it will be difficult for you to maintain balance but it will improve as well as the fitness of your abs.

THE LADY SPARTACUS WORKOUT

with Estella Hom

To all the Lady Spartacus Warriors on the Funk Roberts 4 Week Spartacus Workout Challenge: Here is a high intensity interval training workout designed to burn the fat, work your entire body and tighten up those trouble spots. All you need is 1 kettlebell. You will be feeling the effects of this workout in your arms, abs, glutes, and legs the next day!

DIRECTIONS

Do this circuit 3 days a week. Monday-Wednesday-Friday
Perform 1 set of each exercise in succession. Each exercise lasts 60 seconds. Do as many reps as you can, with perfect form, in that time, and then move on to the next exercise. Take a 15 second rest and move to next exercise within that time, and rest for 2 minutes after you've completed 1 circuit of all 10 exercises. Then repeat the entire circuit 2 more times.

If you can't go the entire minute, rest a few seconds and then resume until your time at that exercise time is up. Use a weight that's challenging for 15 to 20 reps. The workout takes 41 minutes to complete.

THE LADY SPARTACUS WORKOUT

Estella Hom

<http://blog.estellahom.com/>

<http://www.estellahom.com/>

PERFORM WORKOUT 3 DAYS – MONDAY, WEDNESDAY, FRIDAY

(You can alter days; ensure you get one day to rest between workouts)

3 Rounds of 10 Exercise Circuit Perform each exercise for 60 seconds of work followed by 15 seconds of rest

Total Workout time 41 minutes

1. Speed Skaters
2. Alternating Kettlebell Swings
3. Mountain Climbers
4. Alternating Presses
5. One Arm Rows
6. Forward Lunge + Pass
7. 1 Arm Overhead Squat
8. Side Plank Reach Unders

9. Alternating Windmill

10. Meet the Queens

EXERCISE DESCRIPTIONS

1. Speed Skaters

Leading with the right leg, jump to the right & bring the left foot behind right leg, arms extending out to the same side. Push off the right leg, jump onto the left foot, bringing right leg behind the left. Repeat. -make sure the arms follow the motion -get down low -helps develop explosive speed, agility, firms the butt, quads, legs

2. Alternating Kettlebell Swings

Start with the kettlebell (kb) between your legs. With a slight bend in the knees, pick up & swing the kb between your legs, using your hips (not arms) to thrust the kb straight out in front, shoulders relaxed. Reverse the motion, swing back between legs & repeat. -Contract your midsection and glutes at the top of the swing -Keep back straight (no arching), neck is neutral at all times. - Alternate arms or switch after 30 seconds

3. Mountain Climbers

Begin with hands on floor, shoulder width apart with 1 leg tucked, one extended. As quickly as possible, 'climb' by alternating legs back & forth. -Stay light and keep the weight in balls of your feet

4. Alternating Presses

Swing the kb between your legs, bring it to your shoulder (clean) into the rack position. Press it in a straight line overhead, bring the kb back down into the rack position, swing it between your legs then switch arms by passing the kb to the other arm at the top of the swing, clean and press the kb overhead. -Keep weight in the heels

5. One Arm Rows

Holding a kb in your left hand, take a staggered stance – right foot pointing fwd, knee slightly bent, left foot extended behind. Hand on the hip, pull kb up towards your stomach, contracting your lat muscle. Lower & repeat. -Keep back flat at all times -Knee in front should never extend beyond the toes. -switch sides after 30 seconds

6. Forward Lunge + Pass

Holding a kb in your right hand and standing with legs hip

width apart, step forward with your left leg, drop your hips down as you lower your right knee, pass the kb between your front leg. Keep the weight in the front foot heel. Left leg steps back into starting position. Repeat move with right leg.

7. 1 Arm Overhead Squat

Swing and clean the kettlebell to your shoulder into the rack position. Bend your knees slightly and press it overhead. Stabilizing the weight overhead and looking at the bell, squat as low as possible and come back up to standing. -weight remains in the heel throughout -switch sides after 30 seconds -alternate move: perform the squats with the kettlebell in the rack position

8. Side Plank Reach Unders

Assume a plank position – arms shoulder width apart, legs together. Reach your right arm straight up towards the ceiling while the left arm stays on the floor. Twist your body so your right arm reaches between and under your body. Bring your right arm back to the floor in a plank position. Switch sides, lifting the left arm off the floor and alternate between the 2 sides. -Keep hips off the floor at all times. Breathe

-NOTE: If you need to you can start the week off by doing this exercise on your forearms

9. Alternating Windmill -swing/clean/windmill

Favourite move for obliques, increasing flexibility, balance & core strength Clean and press kb overhead with one arm. Keeping arm locked out at all times, push hips out in direction of locked out kb. Turn your feet out at 45° angle from the arm with the locked out kettlebell. Lower yourself until other hand touches ground. Pause. Reverse motion back to starting position.

10. Meet the Queens

Holding the kb chest height in a bottoms up position (hands on either side of handle), left leg comes behind the right leg, squat down, come up back to centre then repeat movement with right side -right leg goes behind left leg, squat down, come back up to centre. -fantastic for firming/toning thighs, side of the butt, ad/abductors - good posture, belly button in, shoulders back, look fwd make sure u breathe, -when squatting, knee should be behind your heel -get down as low as possible

