



Funk Robots
SPARTAN
TRAINING SYSTEM
BLOOD, SWEAT, AND GLORY

WORKOUT #6
WEEK 6

MEDICAL DISCLAIMER

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide. The purpose of this guide is to help healthy people gain strength and lose weight by educating them in proper exercises, weight training and nutrition while using the Funk Roberts Spartan Training System.

No health claims are made for this guide. The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietitian, or clinical nutritionist; the author is a fitness and nutrition consultant. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

If you have been sedentary and are unaccustomed to vigorous exercise, you should NOT do this program and obtain your physician's clearance before beginning any exercise program. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described herein.



WORKOUT #6
WEEK 6

PICENUM

LOCATION	GLADIATOR
<i>At Picenum in central Italy Spartacus defeated the consular armies, then pushed north and defeated the proconsul of Cisalpine Gaul at Mutina.</i>	<i>Oenomaus was the gladiator trainer in Batiatus' Ludus, and was traditionally referred to only by the title of Doctore (TRAINER)</i>

WORKOUT 6 DIRECTION

Do this circuit 2 days per week

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 90 seconds 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

Complete all exercises and DO NOT GIVE UP! This will be the hardest workout that you have done in a long time, so it will be tough. Hang in there because the more you do these workouts the better you will get and the more fit you will be.

NOW IT'S YOUR TURN TO GET IT DONE!

YOUR WORKOUT:

Perform **3 rounds** of this **10 exercise** circuit with **90 seconds rest** in between rounds.
 Perform each exercise for **60 seconds of work** followed by **15 seconds of rest**.

60 SEC	+	15 SEC	x	10		90 SEC		3		41 MIN
WORK TIME		REST TIME		EXERCISES		REST BETWEEN SETS		ROUNDS		TOTAL WORKOUT TIME

WORKOUT #6 EXERCISE LIST:

1	KETTLEBELL ALTERNATE CLEAN
2	PUSHUPS WITH KNEE TO CHEST
3	DEEP JUMP SQUATS
4	RUSSIAN ABS TWIST
5	CROSS BODY CLEAN AND PRESS
6	CROSSACK LUNGE
7	SWISS BALL LEG CURLS
8	KETTLEBELL ALTERNATE STANDING PRESS
9	SIDE PLANK JUMPS
10	TABLE MAKERS



1 KETTLEBELL ALTERNATE CLEAN

- Pick up both kettlebells, first swing the right one between your legs, and then pull up to about chest level, using a hip-snapping motion.
- Keeping your right upper arm against your side and using a pulling up motion as if starting a lawn mower.
- Immediately use an uppercut motion, having the kettlebell end up between your forearm and biceps. Return to the start position. Repeat with left arm. Alternate arms for allotted time.



2 PUSHUPS WITH KNEE TO CHEST - THAI PUSHUPS

- Start on the floor in the classic push up position.
- Raise the body to the top position by pushing up with the arms. At the top of the movement, bring your right knee to your chest and return. Lower the body to the floor so that the nose and chest are touching the floor or exercise mat.
- Push your body back up and at the top of the movement, bring your left knee toward your chest.
- Continue with push-ups alternating knees to your chest for allotted time.



3 DEEP JUMP SQUATS



- Start by standing with your legs slightly beyond shoulder width apart for a stable base of support. Make sure that your toes are pointed forward.
- Carefully lower yourself to a full deep squat so your thighs are parallel to the floor.
- Jump up as high as you can, exploding off the floor. You can use your arms to help you get in the air.
- Land lightly on your feet while lowering yourself into a deep squat.
- Continue jumping and ending in the squat position for allotted time.



4 RUSSIAN TWIST

(OPTION WITH KETTLEBELL OR DUMBBELL)

- Sit on the floor with or without a kettlebell or dumbbell at your side. Put your legs together and bend your knees. Keep your chest lifted and back straight. If using a KB or DB pick it up at chest height.
- Lean back slightly being careful not to round your back. Lift your feet off the floor, but keep your knees together and legs bent.
- Quickly twist from side to side, leading with your hands, the KB or DB. Your entire chest region should rotate while your legs stay stationary. Squeeze your abs throughout the exercise. Continue for allotted time.



5

ALTERNATE CROSS BODY CLEAN AND PRESS

- Begin holding one weight in your right hand, knees bent and weight hanging just outside of your left knee.
- Keep the back straight. In one quick movement shrug your shoulders and 'clean' the weight up to the right side, shoulder level, across your body.
- Once the weight is resting at shoulder level, press the weight overhead at the same time.
- Continue with the right hand for 5 repetitions and repeat the same movement using your left hand. Continue for allotted time.

6

CROSSACK LUNGE

- Cossack squats are done by performing a lateral lunging motion. The toes can be slightly pointed out or straight forward during the movement.
- Start standing with your feet wider than shoulder width apart. Bending only your right knee lowering yourself down until your right thigh is parallel to the ground.
- Settling into the bottom position will depend upon your hamstring / glute flexibility and hip / ankle mobility.
- You can stand straight back up (easier) or slide across to the other side (harder). Return to start position and complete left side. Continue alternating for allotted time.



7 SWISS BALL LEG CURLS

- Lie on your back and place your heels on the Swiss Ball. Your legs should be straight at the start of the movement. Your butt is off the floor. Hands placed at your sides for support.
- Bend knees while rolling the Swiss ball towards your butt with your heels.
- Contract your hamstrings at the top of the movement. Release the tension and return to the starting position. Continue for allotted time.



8 KETTLEBELL ALTERNATE SHOULDER PRESS

- Start with both kettlebells in the racked position, with feet shoulder width apart. Keeping the core tight and wrist locked extend the right kettlebell upwards. Eye contact should be maintained on the kettlebell.
- Lower the kettlebell back to shoulder. While doing this press the left kettlebell upwards.
- Repeat alternating each kettlebell keeping eye contact on the kettlebell that is being pressed. Continue for allotted time.



9 SIDE PLANK JUMP

- Start in the plank position. Your forearms remain stationary for the entire exercise. Keep your body in one straight line without dropping your hips.
- Hop your feet from left to right while keeping your body straight and maintaining the plank position. Keep hopping from side to side for allotted time.



10 TABLE MAKERS

- Sit on the ground with your legs straight out in front of you. Place your hands palm down by your hips. The fingers can be either pointing towards your toes or behind you.
- Lift your hips while bending your knees and place your weight on your heels.
- As you lift your hips to the ceiling, place your feet flat on the ground.
- Squeeze your buttocks tightly and push the soles of your feet into the ground. Your knees and shoulders should make 90 degree angles with your body, making a table.
- Hold this position for a couple of seconds and then return to the floor and repeat for allotted time

28
MIN

TOTAL WORKOUT TIME

[illegible]