

# ESAME: SPARTAN SYSTEM LEVEL II

## WARRIOR

### Tabata Workout – Ares

(20 sec work – 10 sec rest x 8 round)

	30/30	27/30	24/30	21/30	18/30
<b>SCORPION E</b>	> 12 reps	12 reps	10 reps	8 reps	> 6 reps
<b>ONE LEG KICK I</b>	> 16 reps	>14 reps	>12 reps	>10 reps	10 reps
<b>WORM C</b>	10 reps	9 reps	8 reps	7 reps	6 reps
<b>ONE LEG KICK E</b>	> 12	12	> 10	> 8	8 reps
<b>DUCK D</b>	> 12 reps	>10 reps	10 reps	> 8 reps	> 6 reps
<b>BACK ROLL B</b>	9 reps	8 reps	7 reps	6 reps	5 reps
<b>ONE LEG KICK D</b>	> 18 reps	16 reps	14 reps	12 reps	> 10 reps
<b>CRASH B</b>	14 reps	13 reps	12 reps	10 reps	> 8 reps