

# ESAME: SPARTAN SYSTEM LEVEL IV

## KRYPTES

### Tabata Workout – Ares

(20 sec work – 10 sec rest x 8 round)

	30/30	27/30	24/30	21/30	18/30
<b>REVERSE SIT UP (EXTREME)</b>	12 reps	11 reps	10 reps	9 reps	8 reps
<b>BALANCE PLANK LOWER (ADVANCED)</b>	> 14 reps	>14 reps	>12 reps	>10 reps	10 reps
<b>TABLE HIGH KICK (ADVANCED)</b>	14	>12	> 10	10	8 reps
<b>PLYO PUSH UP (EXTREME)</b>	> 14 reps	14 reps	>12 reps	>10 reps	10 reps
<b>MOUNTAIN CLIMBER (EXTREME)</b>	16 reps	>14 reps	>12 reps	>10 reps	10 reps
<b>PLYO SQUAT (EXTREME)</b>	18 reps	16 reps	14 reps	12 reps	10 reps
<b>HINDÙ PUSH UP (EXTREME)</b>	12 reps	>10 reps	10 reps	>8 reps	>6 reps
<b>CRASH D</b>	14 reps	13 reps	12 reps	10 reps	> 8 reps