

ESAME: SPARTAN SYSTEM LEVEL I

FIGHTER

Tabata Workout – Artemisis

(20 sec work – 10 sec rest x 8 round)

	30/30	27/30	24/30	21/30	18/30
SCORPION E	> 12 reps	12 reps	10 reps	8 reps	> 6 reps
PLANK TO BENCH (BASIC)	> 12 reps	12 reps	10 reps	8 reps	> 6 reps
DOUBLE KICK	> 16 reps	14 reps	12 reps	> 10 reps	10 reps
TABLE TOP (BASIC)	> 18 reps	16 reps	14 reps	12 reps	> 10 reps
PUSH UP (BASIC)	> 12 reps	10 reps	>8 reps	8 reps	> 6 reps
ROCK UP (MEDIUM)	> 10 reps	10 reps	8 reps	> 6 reps	6 reps
ONE LEG KICK D	> 16 reps	16 reps	14 reps	12 reps	> 10 reps
CRASH A	14 reps	13 reps	12 reps	10 reps	> 8 reps