

ESAME: SPARTAN SYSTEM LEVEL II

WARRIOR

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
ONE LEG KICK I	> 14 reps	>12 reps	>10 reps	10 reps	> 8 reps
WORM C	10 reps	9 reps	8 reps	7 reps	6 reps
ONE LEG KICK E	> 12	12	> 10	> 8	8 reps
DUCK D	> 12 reps	>10 reps	10 reps	> 8 reps	> 6 reps
BACK ROLL B	9 reps	8 reps	7 reps	6 reps	5 reps
ONE LEG KICK D	> 16 reps	16 reps	14 reps	12 reps	> 10 reps
CRASH B	14 reps	13 reps	12 reps	10 reps	> 8 reps