

# ESAME: SPARTAN SYSTEM LEVEL III

## HERO

### Tabata Workout – Artemisis

(20 sec work – 10 sec rest x 8 round)

|                                   | 30/30     | 27/30    | 24/30    | 21/30   | 18/30     |
|-----------------------------------|-----------|----------|----------|---------|-----------|
| <b>ARMOR BENCH (ADVANCED)</b>     | > 12 reps | >10 reps | 10 reps  | 8 reps  | 6 reps    |
| <b>HANDSTAND (MEDIUM)</b>         | 12 reps   | >10 reps | >8 reps  | 8 reps  | >6 reps   |
| <b>TABLE HIGH KICK (ADVANCED)</b> | 14        | >12      | > 10     | 10      | 8 reps    |
| <b>SPIDER PUSH UP (ADVANCED)</b>  | > 12 reps | >10 reps | 10 reps  | >8 reps | >6 reps   |
| <b>PLYO LUNGE (ADVANCED)</b>      | >16 reps  | 16 reps  | >14 reps | 14 reps | > 12 reps |
| <b>BURPEE (MEDIUM)</b>            | 11 reps   | 10 reps  | 9 reps   | 8 reps  | 6 reps    |
| <b>ONE LEG KICK D</b>             | > 18 reps | 16 reps  | 14 reps  | 12 reps | > 10 reps |
| <b>CRASH D</b>                    | 14 reps   | 13 reps  | 12 reps  | 10 reps | > 8 reps  |