

ESAME: SPARTAN SYSTEM LEVEL IV

KRYPTES

Tabata Workout – Artemisis

(20 sec work – 10 sec rest x 8 round)

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