



SPARTAN TRIALS

strength & tone

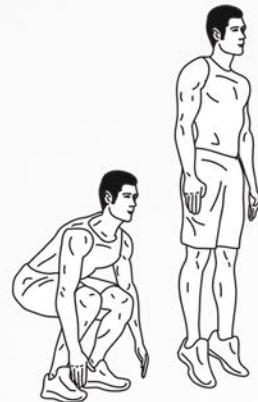
BODYWEIGHT TRAINING

SPARTAN TRIALS

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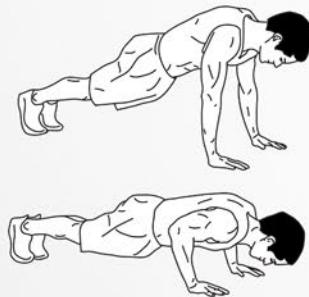
20 squats



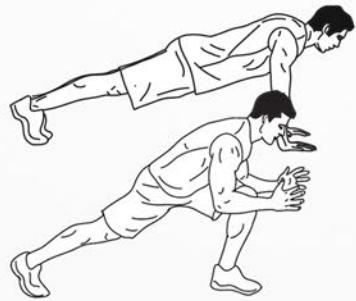
10 jump squats



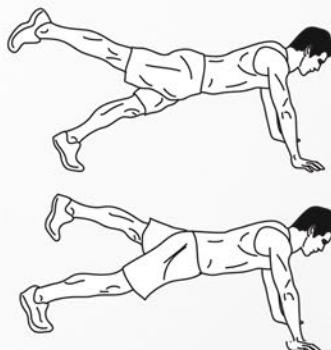
20 front kicks



to-failure push-ups

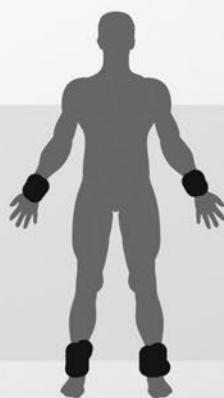


10 plank-into-lunges



10 plank leg raises

Spartan Warriors fought while wearing heavy armor.
For an authentic spartan camp experience wear wrist and
ankle weights throughout the program



SPARTAN TRIALS

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Exercise ball friendly



crunches

Day 2 Body Armor

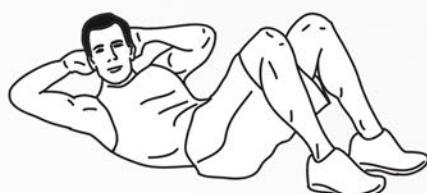
Part I

Level I 10 reps each

Level II 20 reps each

Level III 30 reps each

3 sets | 2 minutes rest between sets



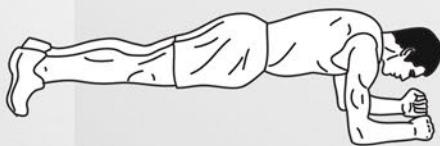
cross crunches

Part II

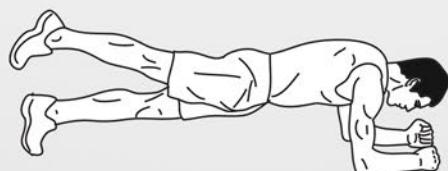
LEVEL I 20 sec **LEVEL II** 30 sec **LEVEL III** 40 sec

LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets

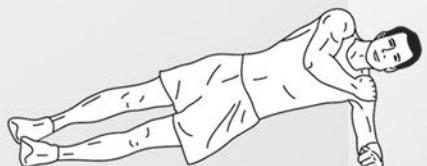
up to 2 minutes rest between sets



elbow plank



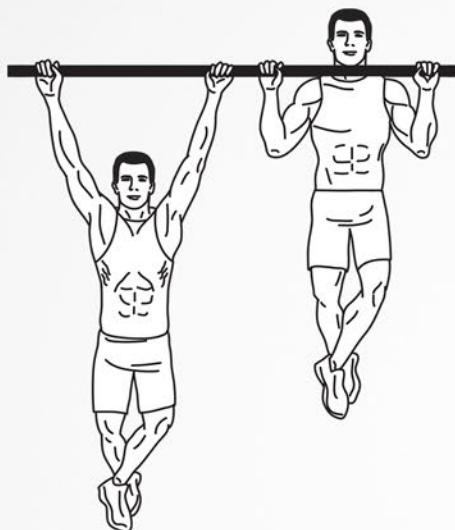
raised leg elbow plank



side elbow plank

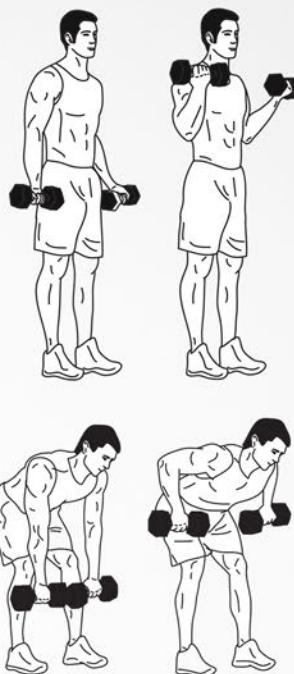
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3 sets
pull-ups to failure
2 minutes rest between sets

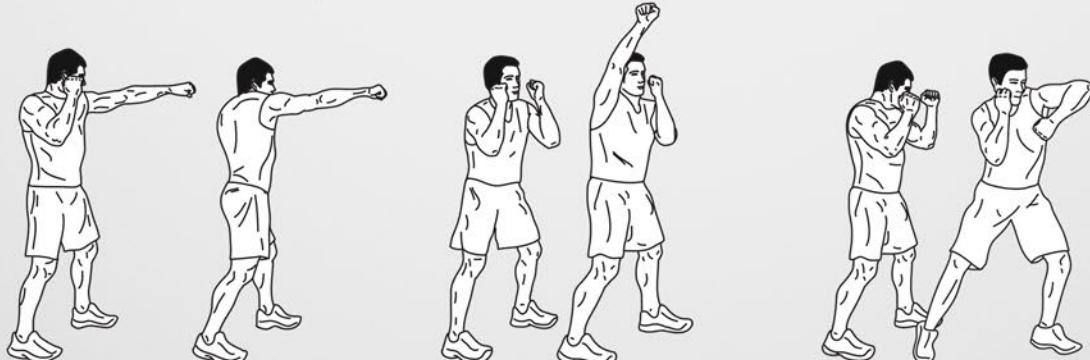
OR



3 sets | 2 minutes rest
8 bicep curls
8 bent over rows

Part II

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



20 punches

20 overhead punches

20 elbow strikes

Day 3 Come and Take 'em

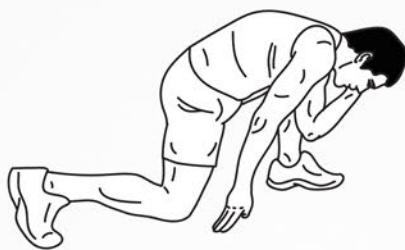
Part I

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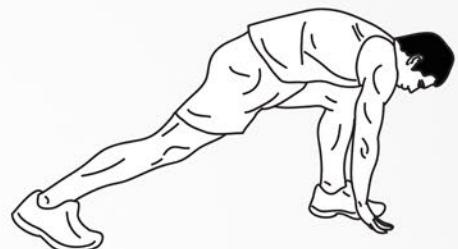
© darebee.com



lunge



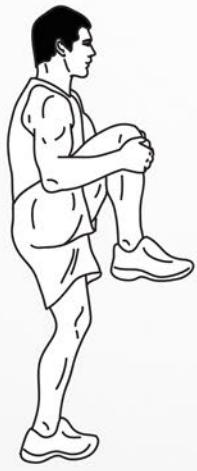
deep lunge elbow bent



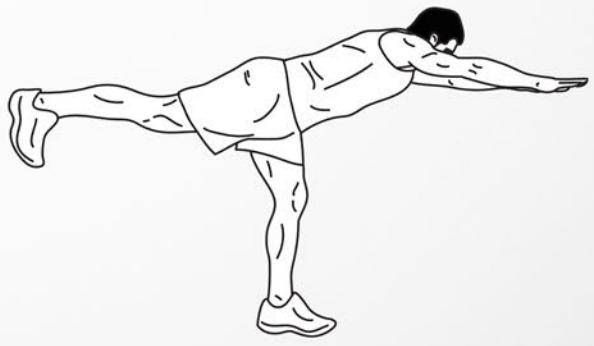
deep lunge



knee raise



knee raise press



balance stand

Repeat the sequence going from one move to the next quickly
10 times in total (5 each side) = 1 set

Day 4 Balance & Coordination

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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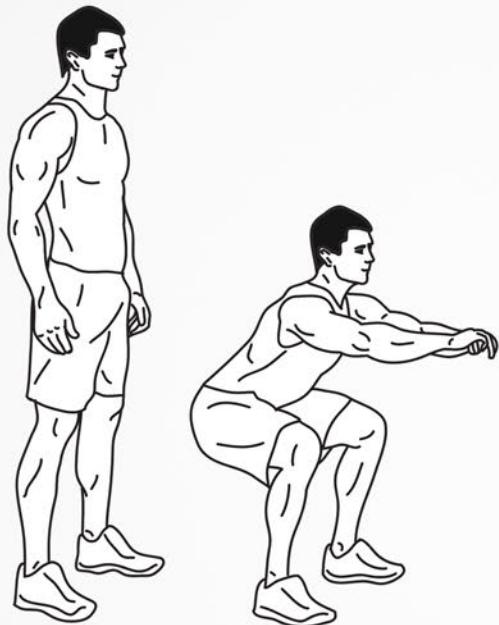
Day 5 With shield or on a shield

Level I 3 sets | 1 push-up

Level II 4 sets | 2 push-ups

Level III 5 sets | 3 push-ups

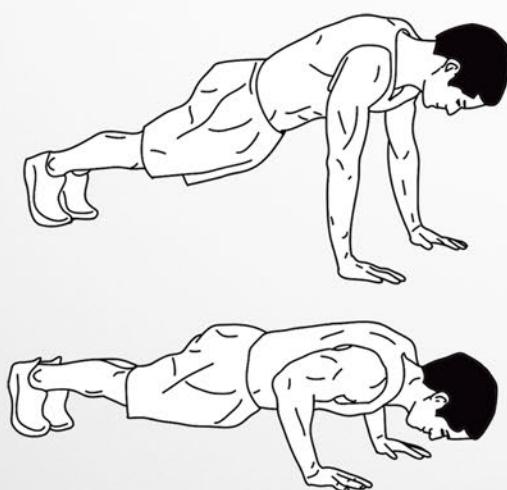
2 minute rest between sets



10 squats

X push-ups

done



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Day 6 Body Armor

Part I

Level I 10 reps each

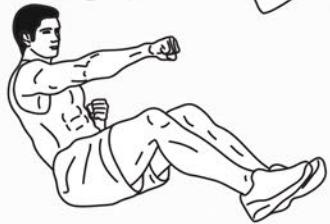
Level II 16 reps each

Level III 20 reps each

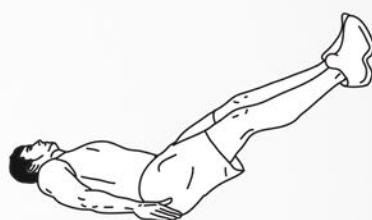
3 sets | 2 minutes rest between sets



sit-up punches



sitting punches



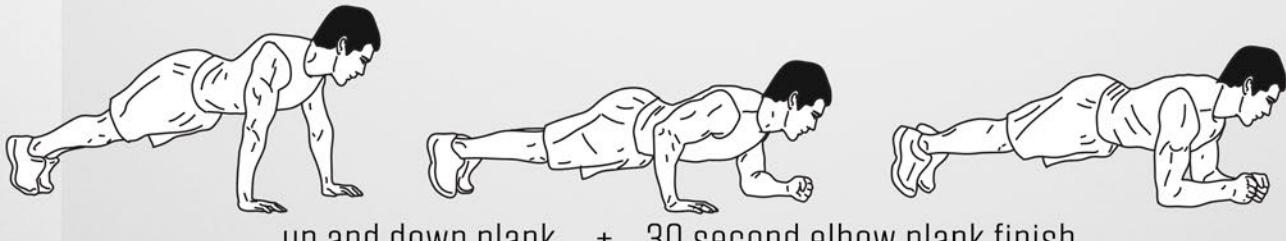
leg raises

Part II

LEVEL I 10 reps **LEVEL II** 15 reps **LEVEL III** 20 reps

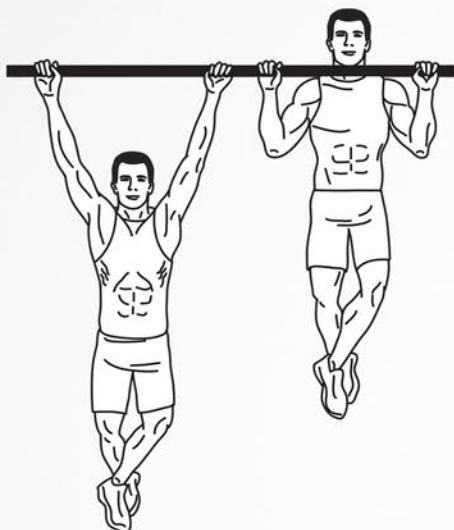
LEVEL I once **LEVEL II** 2 sets **LEVEL III** 3 sets

repeat throughout the day



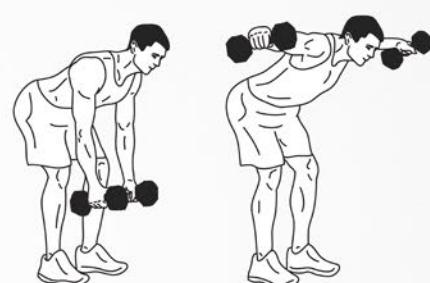
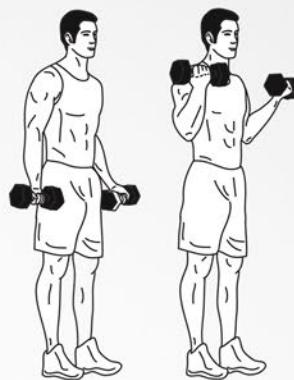
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4 sets
pull-ups to failure
2 minutes rest between sets

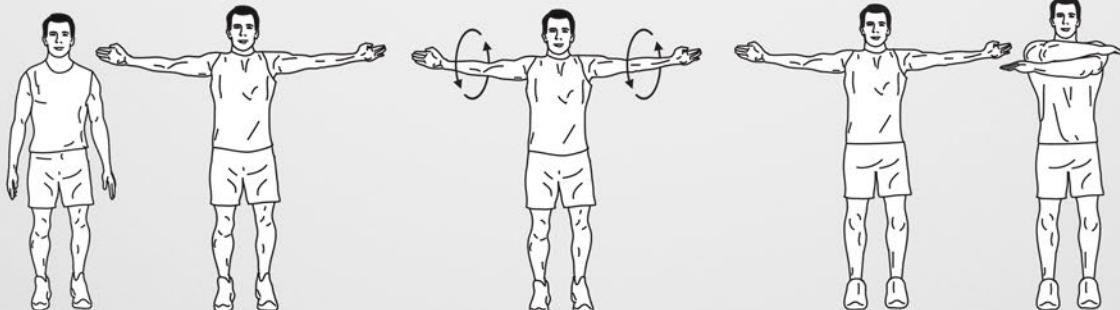
OR



4 sets | 2 minutes rest
10 bicep curls
5 bent lateral raises

Part II

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



20 side arm raises

20 raised arm circles

20 arm scissors

Day 7 Come and Take 'em

Part I

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Day 8 Balance & Coordination

Part I

Level I 3 sets | 10 reps each

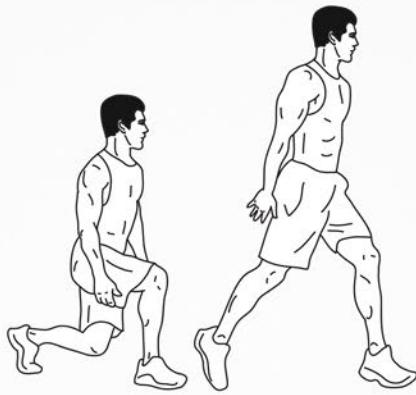
Level II 4 sets | 16 reps each

Level III 5 sets | 20 reps each

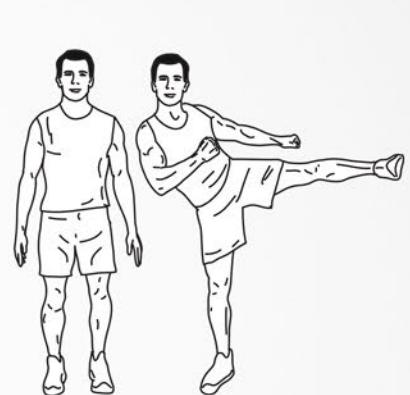
2 minutes rest between sets



raised leg side lunges



jumping lunges



side leg raises

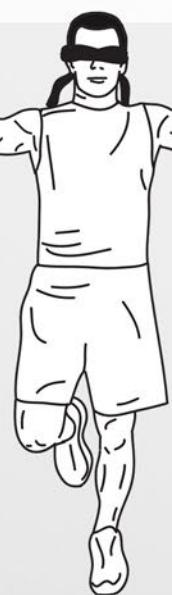
Part II

60 seconds

blindfold

stand on one leg,
arms out to sides

– then close your eyes
(or use blindfold)



Part III

Endurance Test

set a timer, raise your arms
to the side, palms facing down
and hold them up
for as long as you can.
Can be done sitting down.

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Day 9 Tonight, we dine in hell!

Level I 3 sets

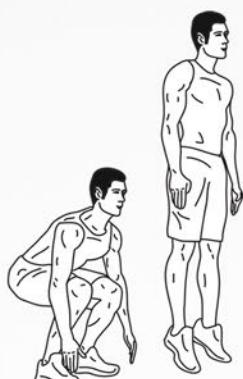
Level II 5 sets

Level III 7 sets

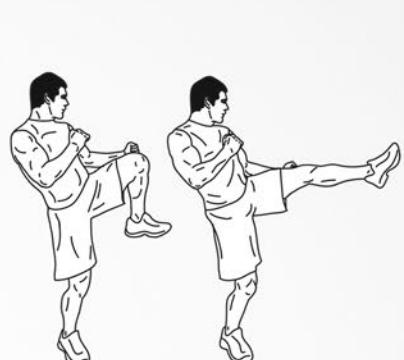
2 minutes rest between sets



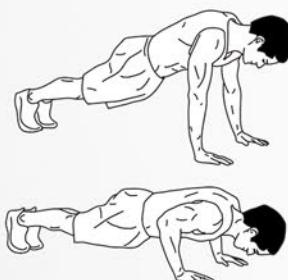
20 squats



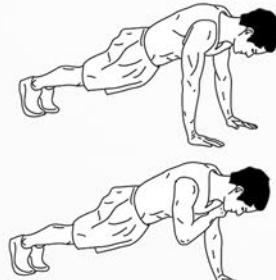
10 jump squats



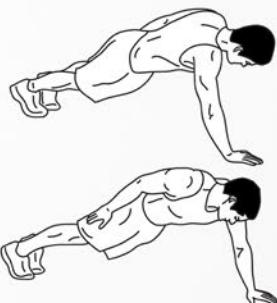
20 front kick



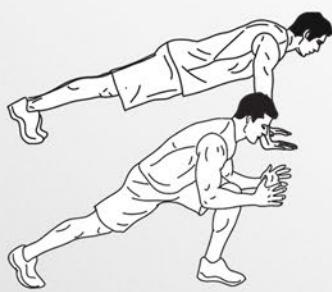
to failure push-ups



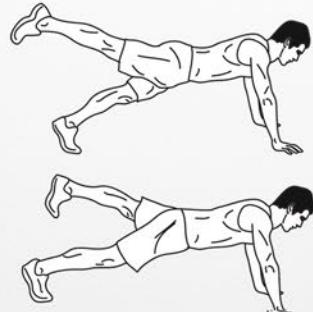
10 shoulder taps



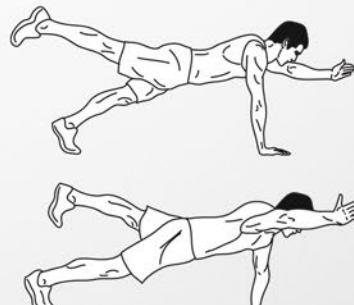
10 thigh taps



10 plank-into-lunges



10 plank leg raises



10 alt plank arm / leg raises

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Day 10 Body Armor

Part I

Level I 3 sets | 10 reps each

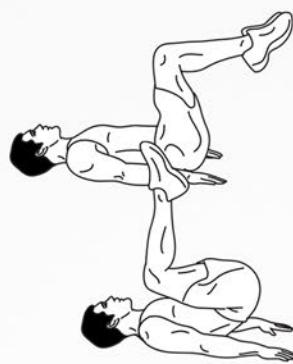
Level II 4 sets | 16 reps each

Level III 5 sets | 24 reps each

2 minutes rest between sets



sit-ups



reverse crunches



sitting twists



crunch kicks



leg raises



raised leg circles

Part II

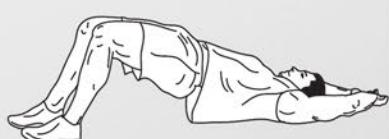
3 sets | 10 reps each, hold each pose for 3 seconds
repeat with no rest in between sets



lower back curls



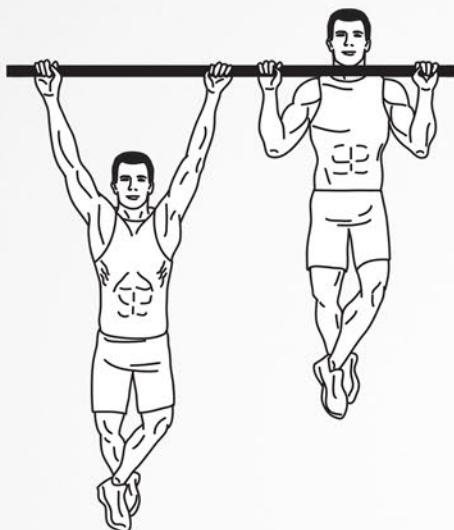
superman stretch



bridges

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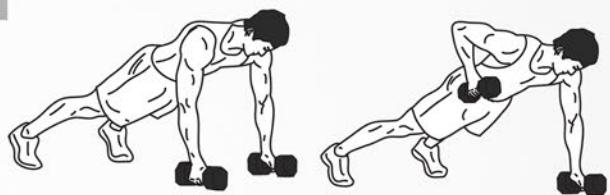
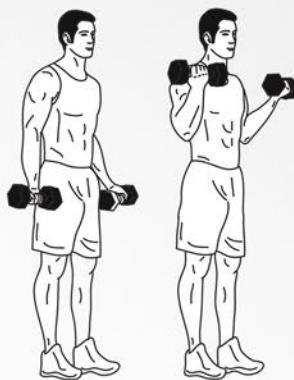
© darebee.com



4 sets
pull-ups to failure
2 minutes rest between sets

Day 11 Come and Take 'em

Part I



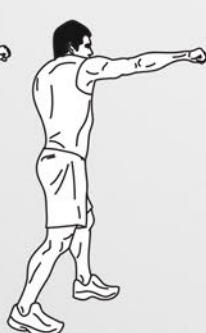
4 sets | 2 minutes rest
10 bicep curls
10 renegade rows

Part II

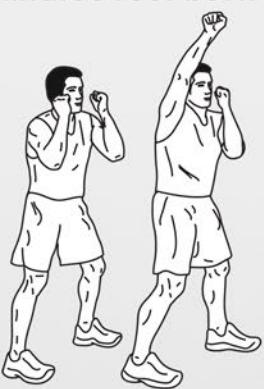
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



40 punches



40 overhead punches



40 elbow strikes

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Day 12 Balance & Coordination

Level I 3 sets

Level II 4 sets

Level III 5 sets

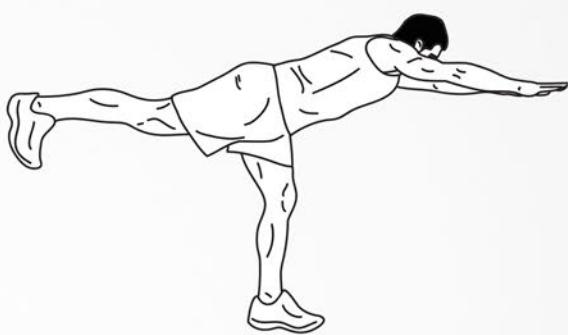
2 minutes rest between sets



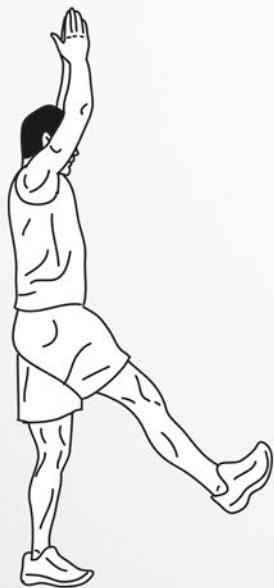
knee raise



knee raise press



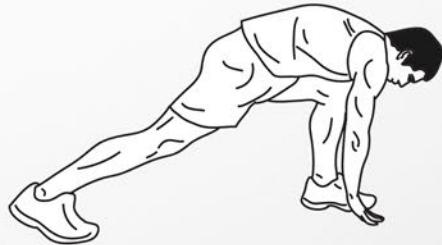
balance stand



leg swing



lunge



deep lunge

Repeat the sequence going from one move to the next quickly
10 times in total (5 each side) = 1 set

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Day 13 One Wild Night

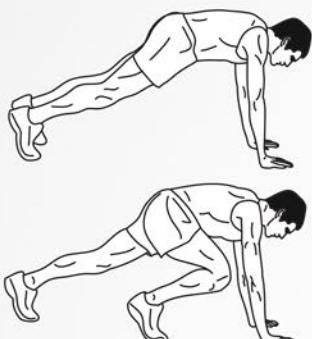
Part I

Level I 3 sets

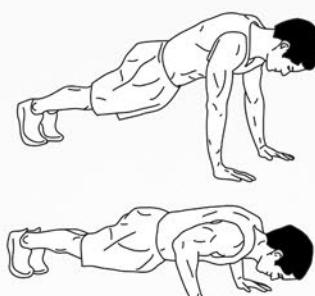
Level II 5 sets

Level III 7 sets

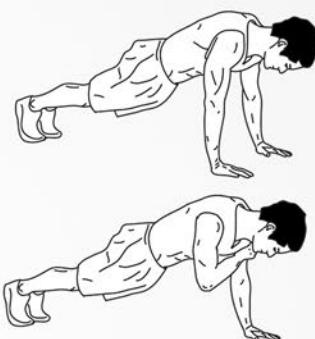
2 minutes rest between sets



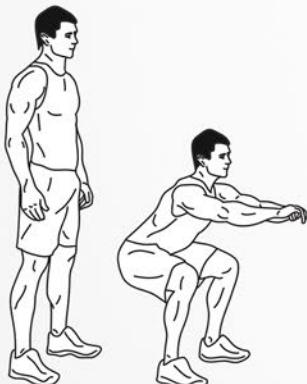
20 slow climbers



to failure push-ups



20 shoulder taps



20 squats



20-count plank



20 plank-into-lunges

Part II

to failure wall sit

3 sets

up to 2 minute

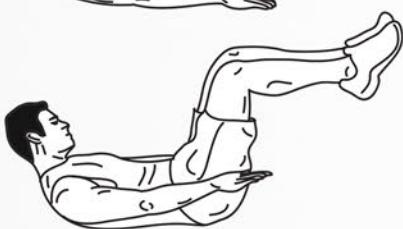
rest between sets



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Exercise ball friendly



hundreds



high crunches

Part II

LEVEL I 10 reps LEVEL II 16 reps LEVEL III 20 reps

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

up to 2 minutes rest between sets



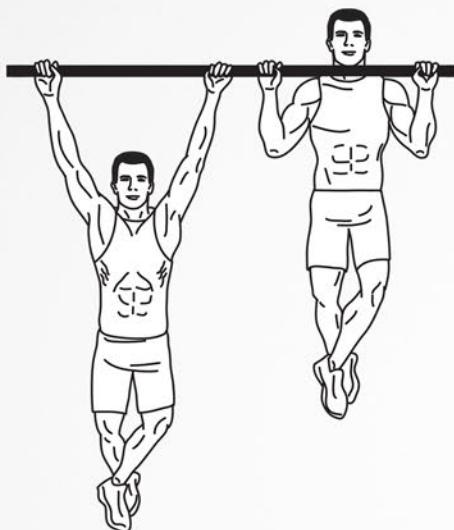
plank arm raises

plank leg raises

body saw

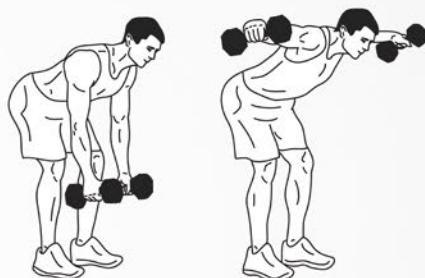
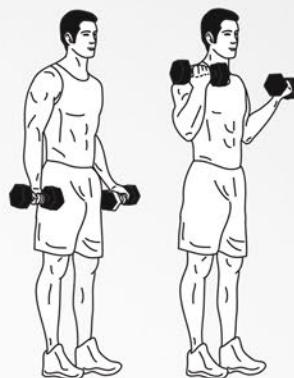
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4 sets
pull-ups to failure
2 minutes rest between sets

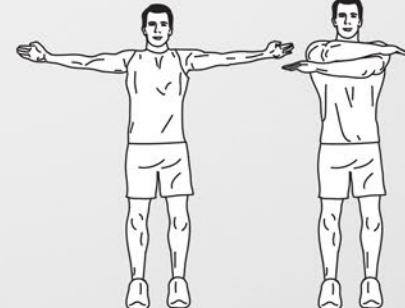
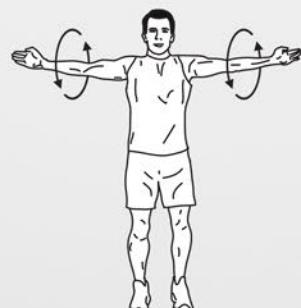
OR



4 sets | 2 minutes rest
10 bicep curls
5 bent lateral raises

Part II

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



50 side arm raises

50 raised arm circles

50 arm scissors

Day 15 Come and Take 'em

Part I

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Day 16 Balance & Coordination

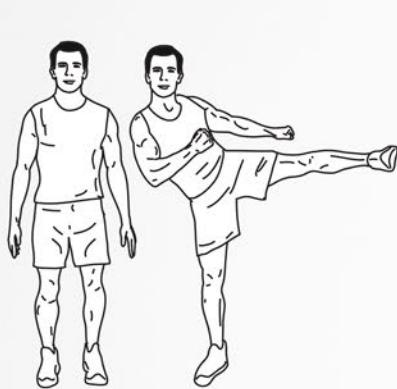
Part I

Level I 3 sets | 12 reps each

Level II 4 sets | 20 reps each

Level III 5 sets | 22 reps each

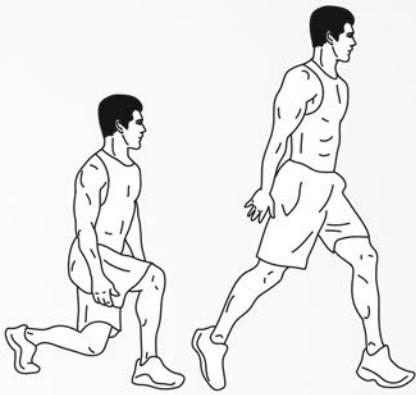
2 minutes rest between sets



side leg raises



raised leg side lunges



jumping lunges

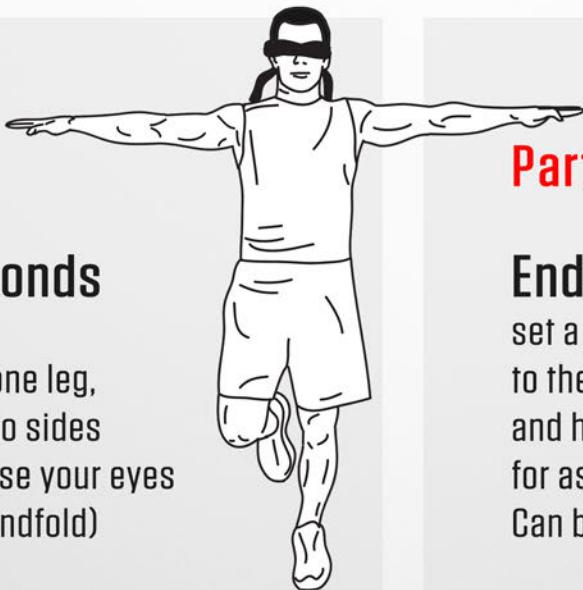
Part II

60 seconds

blindfold

stand on one leg,
arms out to sides

– then close your eyes
(or use blindfold)



Part III

Endurance Test

set a timer, raise your arms
to the side, palms facing down
and hold them up
for as long as you can.
Can be done sitting down.

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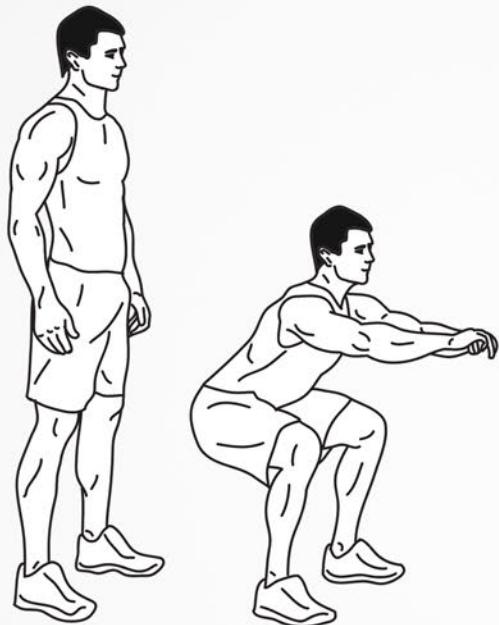
Day 17 With shield or on a shield

Level I 3 sets | 2 push-up

Level II 4 sets | 3 push-ups

Level III 5 sets | 4 push-ups

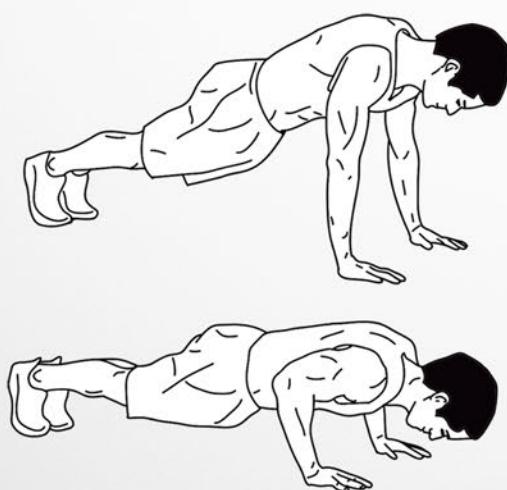
2 minute rest between sets



10 squats

X push-ups

done



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Day 18 Body Armor

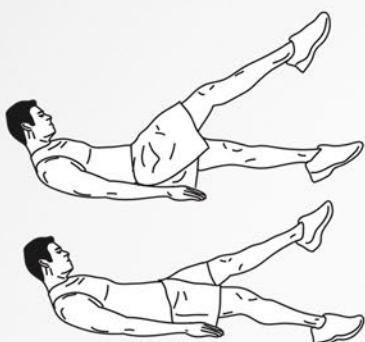
Part I

Level I 3 sets | 12 reps each

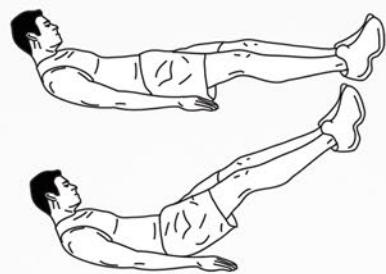
Level II 4 sets | 18 reps each

Level III 5 sets | 26 reps each

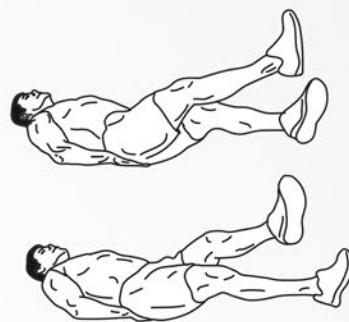
2 minutes rest between sets



flutter kicks



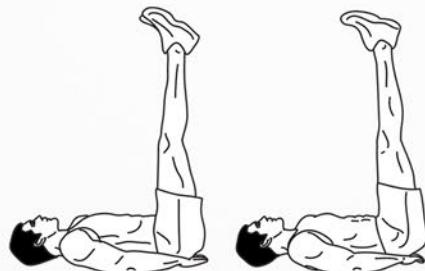
leg raises



scissors



side knifejacks



pulse-ups



infinity circles

Part II

3 sets | 10 reps each, hold each pose for 3 seconds
repeat with no rest in between sets



lower back curls



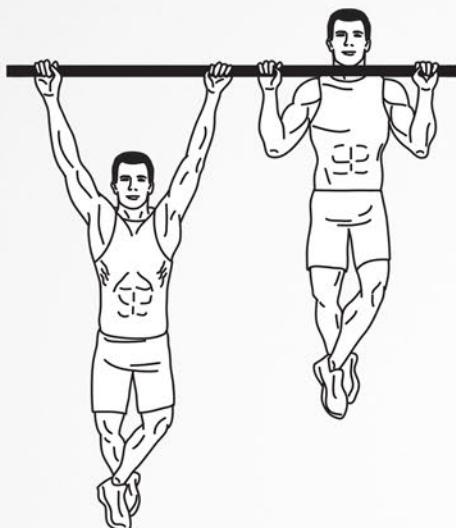
superman stretch



bridges

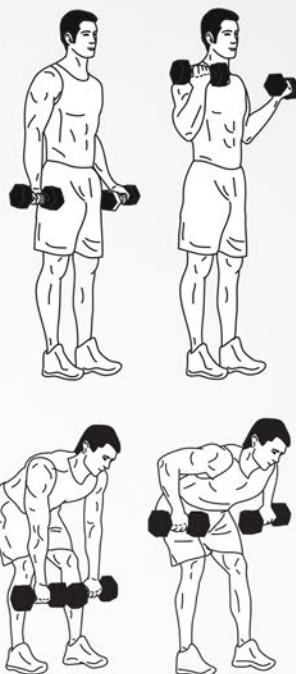
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5 sets
pull-ups to failure
2 minutes rest between sets

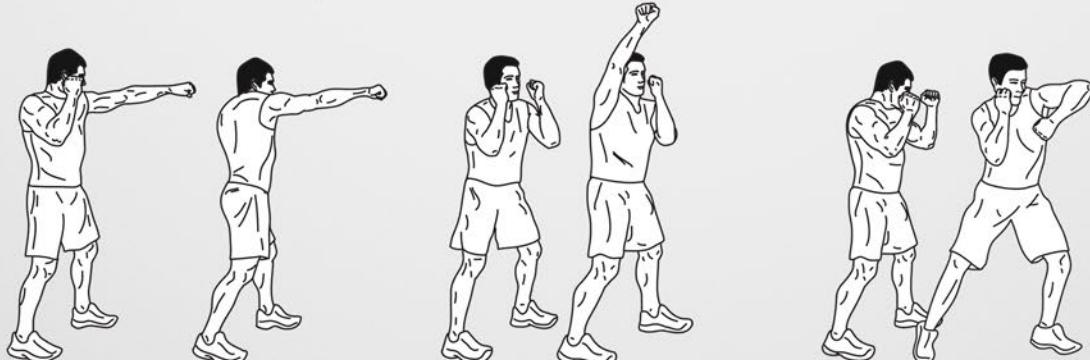
OR



5 sets | 2 minutes rest
12 bicep curls
8 bent over rows

Part II

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



50 punches

50 overhead punches

50 elbow strikes

Day 19 Come and Take 'em

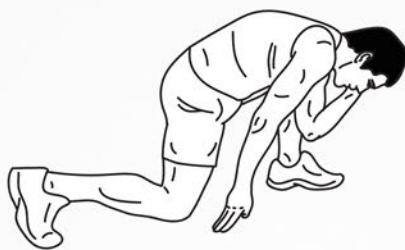
Part I

SPARTAN TRIALS

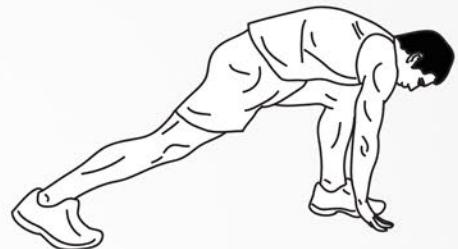
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lunge



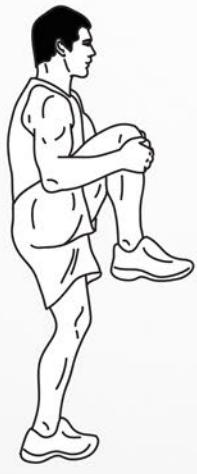
deep lunge elbow bent



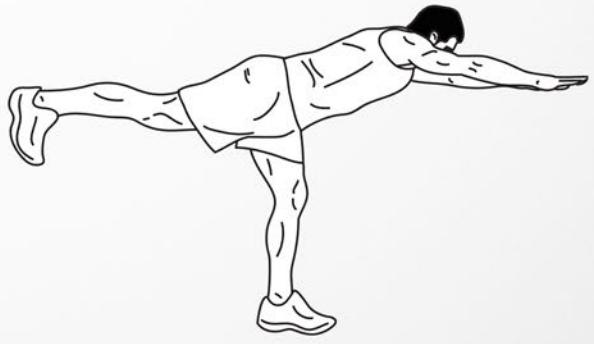
deep lunge



knee raise



knee raise press



balance stand

Repeat the sequence going from one move to the next quickly
10 times in total (5 each side) = 1 set

Day 20 Balance & Coordination

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

SPARTAN TRIALS

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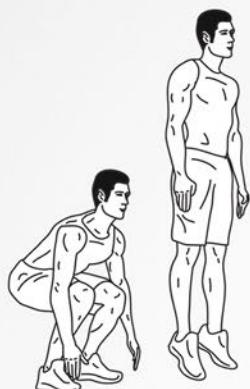
Day 21 A Beautiful Death

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



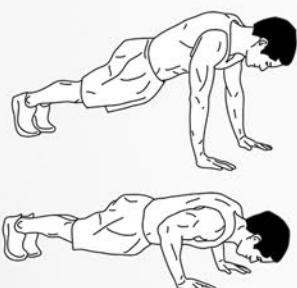
20 jump squats



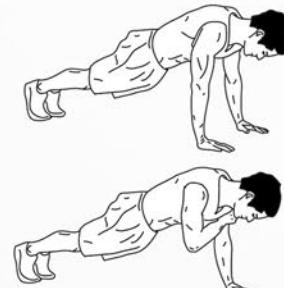
20 squats



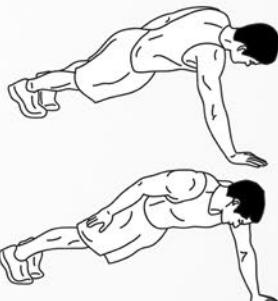
20-count squat hold



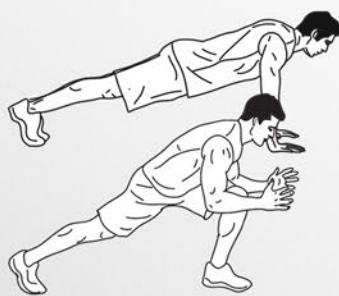
to failure push-ups



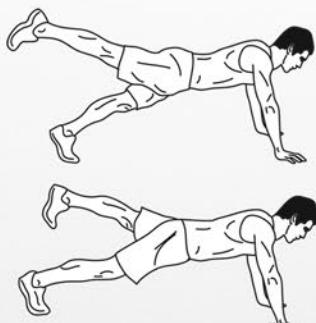
10 shoulder taps



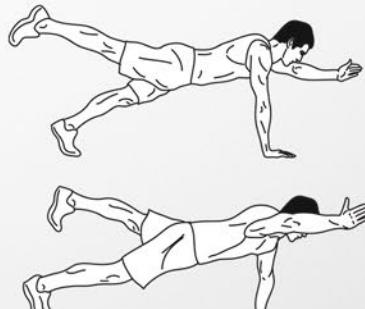
10 thigh taps



10 plank-into-lunges



10 plank leg raises



10 alt plank arm / leg raises

SPARTAN TRIALS

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Exercise ball friendly



crunches

Day 22 Body Armor

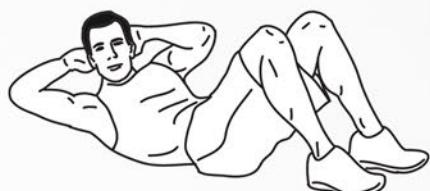
Part I

Level I 20 reps each

Level II 30 reps each

Level III 50 reps each

4 sets | 2 minutes rest between sets



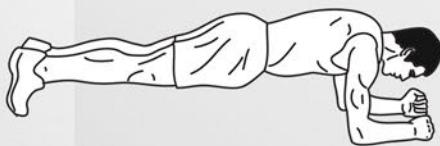
cross crunches

Part II

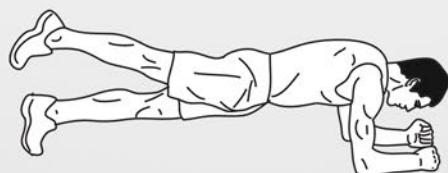
LEVEL I 30 sec **LEVEL II** 40 sec **LEVEL III** 60 sec

LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets

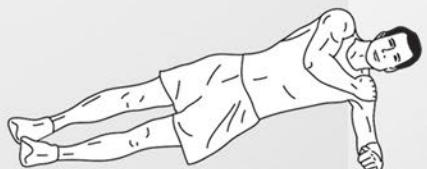
up to 2 minutes rest between sets



elbow plank



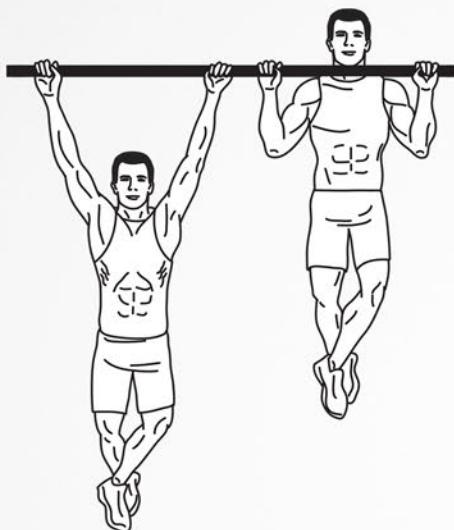
raised leg elbow plank



side elbow plank

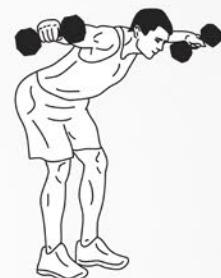
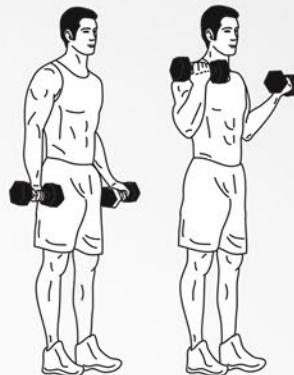
SPARTAN TRIALS

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5 sets
pull-ups to failure
2 minutes rest between sets

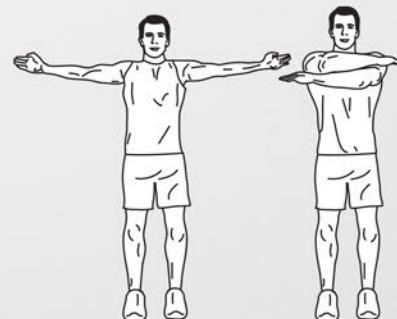
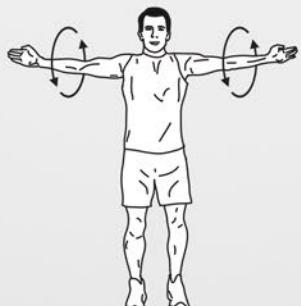
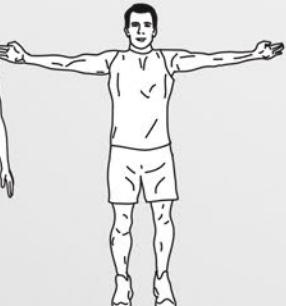
OR



5 sets | 2 minutes rest
14 bicep curls
5 bent lateral raises

Part II

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



60 side arm raises

60 raised arm circles

60 arm scissors

Day 23 Come and Take 'em

Part I

SPARTAN TRIALS

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Day 24 Balance & Coordination

Part I

Level I 3 sets | 16 reps each

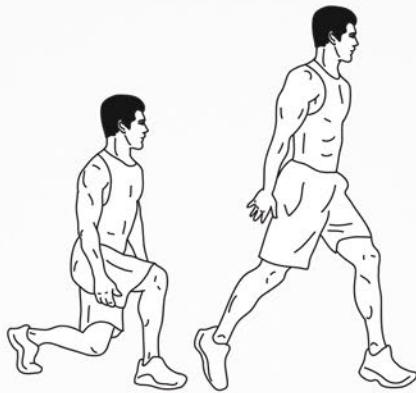
Level II 4 sets | 22 reps each

Level III 5 sets | 24 reps each

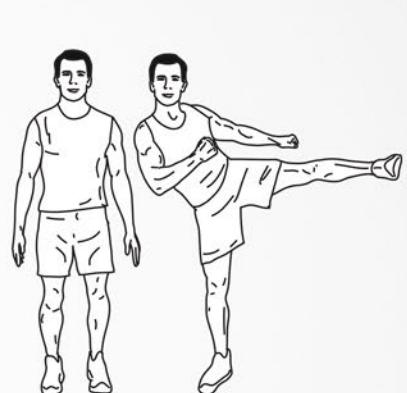
2 minutes rest between sets



raised leg side lunges



jumping lunges



side leg raises

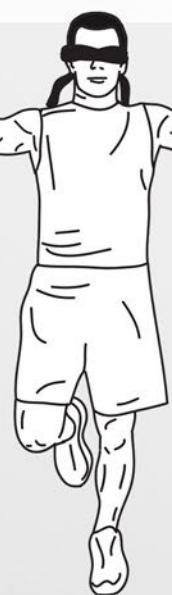
Part II

60 seconds

blindfold

stand on one leg,
arms out to sides

– then close your eyes
(or use blindfold)



Part III

Endurance Test

set a timer, raise your arms
to the side, palms facing down
and hold them up
for as long as you can.
Can be done sitting down.

SPARTAN TRIALS

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Day 25 Hidden Strength

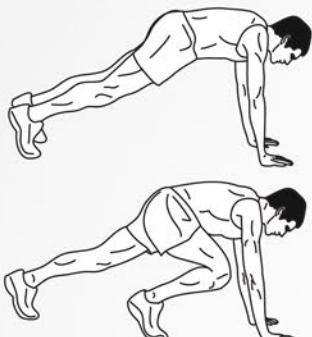
Part I

Level I 3 sets

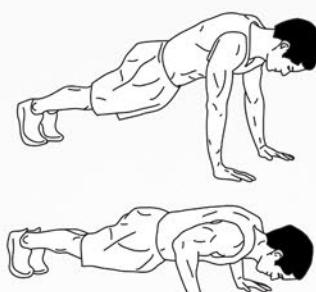
Level II 5 sets

Level III 7 sets

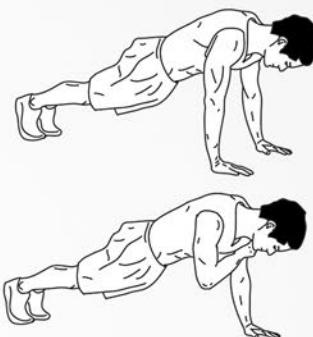
2 minutes rest between sets



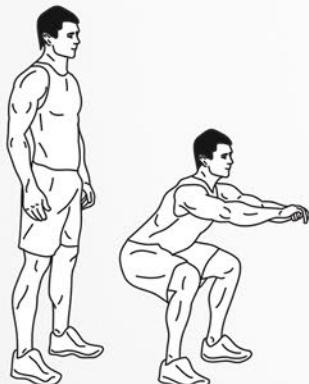
40 slow climbers



to failure push-ups



40 shoulder taps



40 squats



40-count plank



40 plank-into-lunges

Part II

to failure wall sit

3 sets

up to 2 minute

rest between sets



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Day 26 Body Armor

Part I

Level I 20 reps each

Level II 24 reps each

Level III 30 reps each

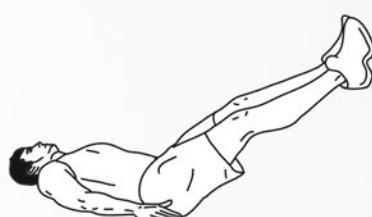
4 sets | 2 minutes rest between sets



sit-up punches



sitting punches



leg raises

Part II

LEVEL I 15 reps **LEVEL II** 20 reps **LEVEL III** 25 reps

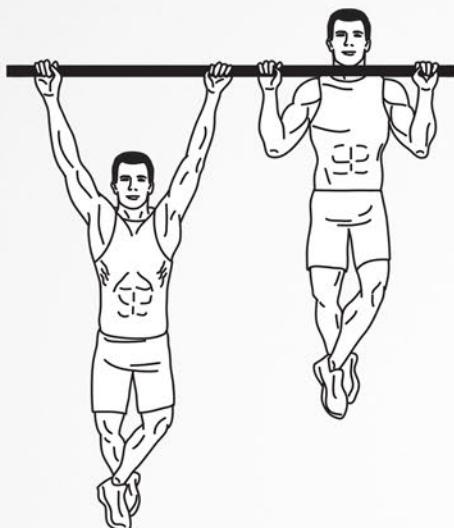
LEVEL I once **LEVEL II** 2 sets **LEVEL III** 3 sets

repeat throughout the day



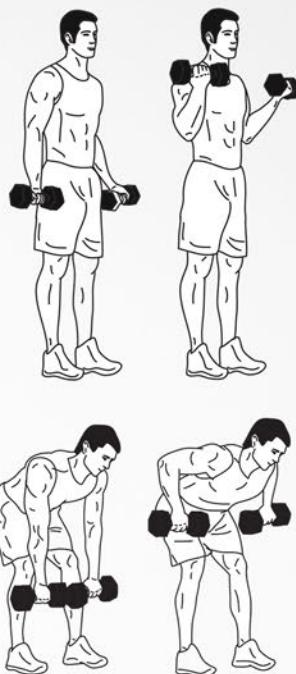
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6 sets
pull-ups to failure
2 minutes rest between sets

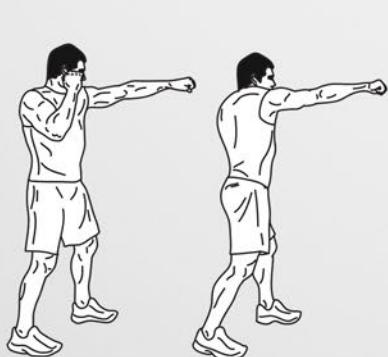
OR



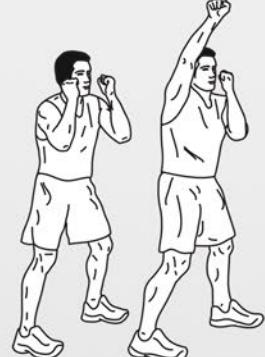
6 sets | 2 minutes rest
12 bicep curls
8 bent over rows

Part II

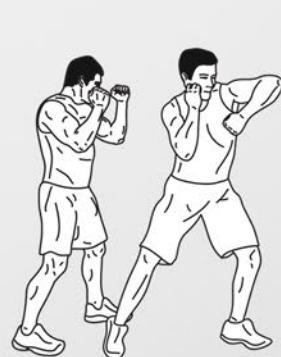
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



60 punches



60 overhead punches



60 elbow strikes

Day 27 Come and Take 'em

Part I

SPARTAN TRIALS

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Day 28 Balance & Coordination

Level I 3 sets

Level II 4 sets

Level III 5 sets

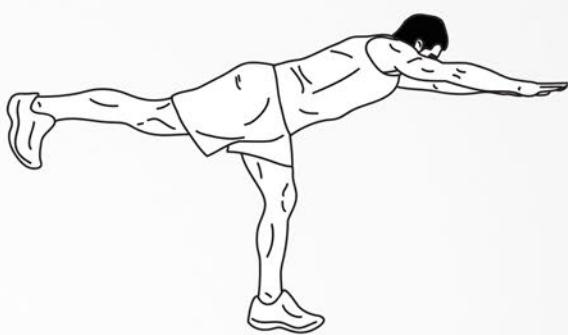
2 minutes rest between sets



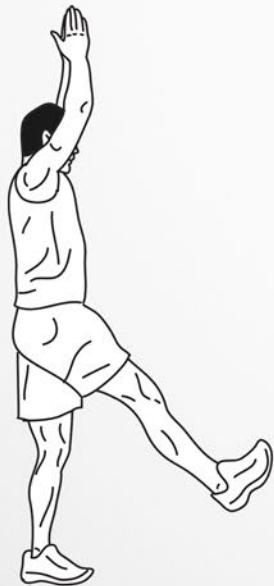
knee raise



knee raise press



balance stand



leg swing



lunge



deep lunge

Repeat the sequence going from one move to the next quickly
10 times in total (5 each side) = 1 set

SPARTAN TRIALS

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Day 29 Body Armor

Part I

Level I 3 sets | 18 reps each

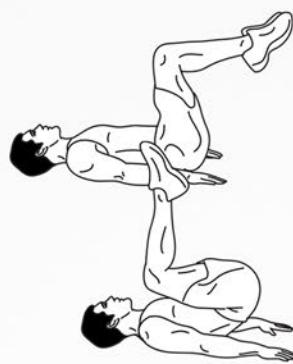
Level II 4 sets | 20 reps each

Level III 5 sets | 26 reps each

2 minutes rest between sets



sit-ups



reverse crunches



sitting twists



crunch kicks



leg raises



raised leg circles

Part II

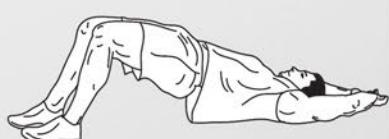
3 sets | 10 reps each, hold each pose for 4 seconds
repeat with no rest in between sets



lower back curls



superman stretch



bridges

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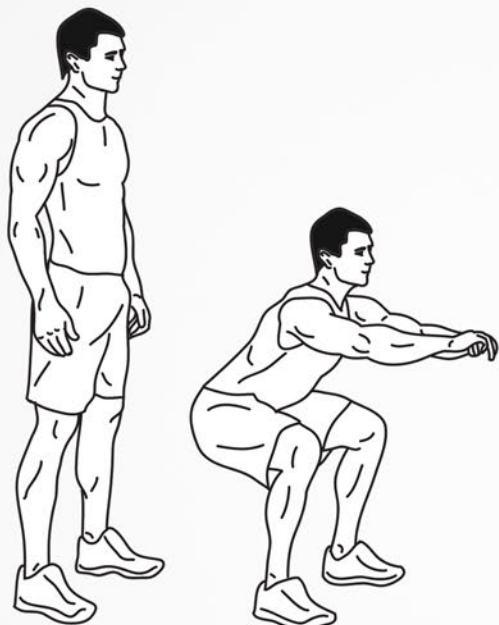
Day 30 With shield or on a shield

Level I 3 sets | 3 push-up

Level II 4 sets | 4 push-ups

Level III 5 sets | 5 push-ups

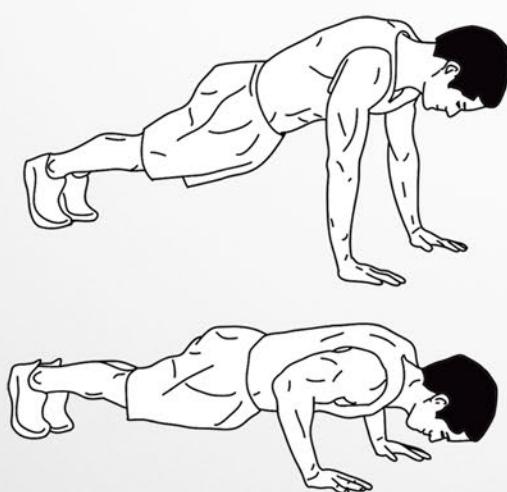
2 minute rest between sets



20 squats

X push-ups

done



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