

SPARTAN INVASION

WEEK 1, WORKOUT 1

- 1. WARM UP: FOAM ROLL, STRETCH, MUSCLE ACTIVATION**
- 2. CIRCUIT: 2 ROUNDS**
 - A. 200 METER RUN**
 - B. 5 SPARTAN RAM BURPEES**
 - C. DEAD HANG TO FAILURE**
 - D. 40 MOUNTAIN CLIMBERS**
 - E. 5 BOX JUMPS**
- 3. BARBELL SQUATS 3X5**
- 4. HEAVY JUMP ROPE 3X20**
- 5. SLED PUSH 3X2**
- 6. HERC HOIST 3X2**
- 7. DB INCLINE PRESS 3X8**
- 8. TIRE FLIPS 3X5**

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