



# ADVOCARE SPARTA CHALLENGE

This program was designed to increase muscle, strip body fat, and get you chiseled, while giving you added strength in the process!

You will have more success if you train with a team of people and are able to Watch and perfect each other's form with these exercises

## **"OPEN SPARTA WORKOUTS"**

This is the time to come together as a Team Unit!  
Get to know everyone in the program so we magnify "community" and "personal relationships"  
Open Sparta workouts could include "mini" 300 Workouts so that you get familiar with the moves you will be tested on at the end...

This is also a great time to make-up a workout you might have missed during the week

Focus on your eating during the next 60 DAY's and commit to the plan

Drink plenty of water

Get the right amounts of sleep

Execute the workouts given to you

**We believe the CHAMPION in you will rise to the Challenge**

# SPARTA details

At the beginning we will test everyone's strength to weight ratio  
In 4 lifts: Bench, Squat, Dead Lift, Pull-Ups

The first weeks are designed to give you a strong base

The middle is designed to work distinct muscle groups

The last part is designed to fill out any gaps and strengthen base

At the End we will RE-test to determine the increase in each person(s) strength to weight ratio

Final Pictures, Weight, and Analysis will be taken after this last workout

We will schedule time within 3 days to Conquer the "300 Workout"

# SPARTAN NUTRITION

DEPENDING ON THE PRODUCTS YOU PURCHASED FOR YOUR REGIMEN  
FOLLOW THE TIMED GUIDELINES BELOW

FUEL UP PREWORKOUT	KEEP UP DURING WO	RECOVERY	BUILD UP
<u>Muscle strength</u> -60min pre <u>O2 Gold</u> -60min pre <u>Argenine Extreme</u> - 30min pre <u>Muscle Fuel</u> – 15-30min pre <u>Catalyst</u> -5-10min pre <u>Spark or slam</u> - Pre workout Or anytime of day.	<u>Rehydrate</u> – During OR	<u>Post recovery Shake</u> <u>Catalyst</u> Both immed. Post wo <u>Nighttime Recovery</u> – At Bedtime	<u>Muscle Gain</u> – as needed <u>Catalyst</u> – between meals

Core Nutrition for All!! – You must fill in Nutritional Gaps and provide your body highly bio available levels of vitamins, minerals, amino acids and antioxidants.

This will replace what is used from the high demands put on your body!

## REQUIRED:

CORE PLEX – 2 AM AND 2 PM  
OMEGA PLEX – 3 AM AND 3 PM  
CALCIUM PLUS – 2 AM AND 2 PM

## OPTIONAL:

JOINT SUPPORT – 3 PM  
AMPLIFY -1



PARTICIPANT NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

	Start date				Finish date					
<b>Weight</b>										
<b>Body fat%</b>										
<b>Arms</b>	Right	Left		Right	Left					
<b>Chest</b>										
<b>Waist</b>										
<b>Thigh</b>	Right	Left		Right	Left					
<b>Visible Abs</b>	None	2	4	6	8	None	2	4	6	8

My goal to achieve in Sparta is:

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BENCH PRESS Start Weight\_\_\_\_\_ # of reps\_\_\_\_\_

BENCH PRESS End Weight\_\_\_\_\_ # of reps\_\_\_\_\_

**@ 125% of BW for max repetitions** ( if someone weighs 200 lbs. they would use 250 as their analysis weight)

SQUAT Start Weight\_\_\_\_\_ # of reps\_\_\_\_\_

SQUAT End Weight\_\_\_\_\_ # of reps\_\_\_\_\_

**Squat to parallel @ 150% of BW for max repetitions**

Dead Lift Start Weight\_\_\_\_\_ # of reps\_\_\_\_\_

Dead Lift End Weight\_\_\_\_\_ # of reps\_\_\_\_\_

**Dead Lift @ 150% of BW for max repetitions**

Pull-ups Start Weight\_\_\_\_\_ # of reps\_\_\_\_\_

Pull-ups End Weight\_\_\_\_\_ # of reps\_\_\_\_\_

**Overhand Pull-ups for max repetitions**

# THE SCHEDULE AND TRAINING PROGRESSION

This program was designed to help a moderately conditioned individual to work up to the level of excellence required to accomplish the 300 workout. It follows a logical progression to increase muscle, strip body fat, and get you chiseled, while giving you added strength in the process!

If the workout parameters do not fit your needs, simply change them.

You will have more success if you train with a team of several people and are able to watch and perfect each other's form with these exercises

You can workout on your own or with others. We recommend a day and time each week for an "OPEN SPARTA WORKOUT". This is the time to come together as a Team Unit! Get to know everyone in the program so we magnify our Spartan community and personal relationships.

**OPEN SPARTA Workouts** could include "mini" 300 Workouts so that participants get familiar with the moves they will be tested on to build confidence in themselves... Plus it's just FUN. This is also a great time to make-up a workout you might have missed during the week.

Focus on your eating during the next 60 DAY's and commit to the plan

- Drink plenty of water
- Get the right amounts of sleep
- Execute the workouts given to you
- We believe the CHAMPION in you will rise to the Challenge!

# Week 1

90 second rest periods between sets.

Longer periods can be taken between exercises.

## 1<sup>st</sup> Workout

- \_\_\_ **Conditioning: Warm-Up 1 mile jog**
- \_\_\_ Squats to parallel 3x12
- \_\_\_ Dumbbell lunges 3x20
- \_\_\_ Dead Lift 3x12
- \_\_\_ vertical leg curl 3x12
- \_\_\_ Standing Calf Raises (weighted) 3x15
- \_\_\_ Crunches-2 Second Pause at top 3x20
- \_\_\_ 5 minutes STRETCH

## 2<sup>nd</sup> Workout

- \_\_\_ **8-10 min warm-up on bike or elliptical**
- \_\_\_ Barbell Bench press 3x12
- \_\_\_ T-Bar Row 3x12
- \_\_\_ Incline Hammer Strength/Machine Press 2x12
- \_\_\_ Wide Grip Lat Pulldown 2x12
- \_\_\_ Pec Deck 3x12
- \_\_\_ Seated Cable Row-Close Grip 2x12
- \_\_\_ Underhand Cable Tricep Pressdown 2x12
- \_\_\_ Pushups 2x to Failure

## 3<sup>rd</sup> Workout **CARDIO WARRIOR**

- \_\_\_ **warm up jog 3 minutes**
- \_\_\_ **5x 30 second Sprints pace between 7 to 11**
- \_\_\_ **2x 1 minute Sprints pace between 6 to 10**
- \_\_\_ **1x 2 minute Sprint pace between 6 to 8.5**
- \_\_\_ **2x20 Box Jumps**
- \_\_\_ **1.5 mile jog**
- \_\_\_ **push up walk speed.5/incline 15 3x25**
- \_\_\_ **5-10 minute STRETCH**

## 4<sup>th</sup> Workout

- \_\_\_ **8-10 min warm up on bike or elliptical**
- \_\_\_ Deadlift 3x10
- \_\_\_ Leg Press 3x12
- \_\_\_ One legged lunges 3x15
- \_\_\_ Prone hamstring curls 3x15
- \_\_\_ Seated Calf Raise 3x15
- \_\_\_ Alternating Crunches 3x24(12 on each side)
- \_\_\_ Leg extension 3x15

## 5<sup>th</sup> Workout

- \_\_\_ **Conditioning: Warm-Up 1 mile jog**
- \_\_\_ Barbell Curls 3x12
- \_\_\_ Close Grip Bench Press 3x12
- \_\_\_ Bent over barbell underhand row 3x12
- \_\_\_ Incline Dumbbell fly 3x12
- \_\_\_ Alternating Dumbbell Hammer Curls 2x15
- \_\_\_ Skull Crushers 2x15
- \_\_\_ Preacher curls- 3x12
- \_\_\_ 10 minutes ABS
- \_\_\_ 10 minutes STRETCH

# Week 2

90 second rest periods between sets.

Longer periods can be taken between exercises.

## 6<sup>th</sup> Workout

- \_\_\_ **Conditioning: Warm-Up 1 mile jog**
- \_\_\_ Squats to parallel 3x12
- \_\_\_ Dumbbell lunges 3x20
- \_\_\_ Dead Lift 3x12
- \_\_\_ Vertical leg curl 3x12
- \_\_\_ Standing Calf Raises 3x15
- \_\_\_ Center Crunches-2 Second Pause at top 3x20
- \_\_\_ 2x Pull Ups to Failure

## 7<sup>th</sup> Workout

- \_\_\_ **8-10 min warm-up on bike or elliptical**
- \_\_\_ Barbell Bench press 3x12
- \_\_\_ T-Bar Row 3x12
- \_\_\_ Incline Hammer Strength/Machine Press 2x12
- \_\_\_ Wide Grip Lat Pulldown 2x12
- \_\_\_ Pec Deck 3x12
- \_\_\_ Seated Cable Row-Close Grip 2x12
- \_\_\_ Underhand Cable Tricep Pressdown 2x12
- \_\_\_ Pushups 2x to Failure

## 8<sup>th</sup> Workout **CARDIO WARRIOR**

- \_\_\_ **warm up jog 3 minutes**
- \_\_\_ **5x 30 second Sprints pace between 7 to 11**
- \_\_\_ **2x 1 minute Sprints pace between 6 to 10**
- \_\_\_ **1x 2 minute Sprint pace between 6 to 8.5**
- \_\_\_ **2x20 Box Jumps**
- \_\_\_ **1.5 mile jog**
- \_\_\_ **3x band resistance stepups 40x3 (20ea leg)**
- \_\_\_ **2x2 min ABS-nonstop bicycle**

## 9<sup>th</sup> Workout

- \_\_\_ **8-10 min warm up on bike or elliptical**
- \_\_\_ Deadlift 3x8
- \_\_\_ Leg Press 3x12
- \_\_\_ Good Mornings 3x12
- \_\_\_ Leg curls 3x10
- \_\_\_ Seated Calf Raise 3x15
- \_\_\_ Alternating Crunches 3x24(12 on each side)
- \_\_\_ Leg extensions 3x15

## 10<sup>th</sup> Workout

- \_\_\_ Barbell Curls 3x12
- \_\_\_ Close Grip Bench Press 3x12
- \_\_\_ Bent over barbell underhand row 3x12
- \_\_\_ Incline Dumbbell fly 3x12
- \_\_\_ Alternating Dumbbell Hammer Curls 2x15
- \_\_\_ Skull Crushers 2x15
- \_\_\_ Preacher curls - 3x12
- \_\_\_ 10 min STRETCH

# Week 3

90 second rest periods between sets.

Longer periods can be taken between exercises.

## 11<sup>th</sup> Workout

- \_\_\_ **Conditioning: Warm-Up 1 mile jog**
- \_\_\_ Squats to parallel 3x12
- \_\_\_ Dumbbell lunges 3x20
- \_\_\_ Dead Lift 3x12
- \_\_\_ Leg curls 3x12
- \_\_\_ Standing Calf Raises 3x15
- \_\_\_ Center Crunches-2 Second Pause at top 3x20

## 12<sup>th</sup> Workout

- \_\_\_ **8-10 min warm-up on bike or elliptical**
- \_\_\_ Barbell Bench press 3x12
- \_\_\_ T-Bar Row 3x12
- \_\_\_ Incline Hammer Strength/Machine Press 2x12
- \_\_\_ Wide Grip Lat Pull down 2x12
- \_\_\_ Pec Deck 3x12
- \_\_\_ Seated Cable Row-Close Grip 2x12
- \_\_\_ Underhand Cable Tricep Pressdown 2x12

## 13<sup>th</sup> Workout **CARDIO WARRIOR**

- \_\_\_ **warm up jog 3 minutes**
- \_\_\_ **5x 30 second Sprints pace between 7 to 11**
- \_\_\_ **3x 1 minute Sprints pace between 6 to 10**
- \_\_\_ **2x 2 minute Sprint pace between 6 to 8.5**
- \_\_\_ **1x walk 3 minutes 15 incline pace 3.5**
- \_\_\_ **2x20 Box Jumps**
- \_\_\_ **3x band resistance step ups 40x3 (20ea leg)**
- \_\_\_ **2x2 min ABS-nonstop bicycle**

## 14<sup>th</sup> Workout

- \_\_\_ **8-10 min warm up on bike or elliptical**
- \_\_\_ Deadlift 3x8
- \_\_\_ Leg Press 3x12
- \_\_\_ Good Mornings 3x12
- \_\_\_ Leg curls 3x10
- \_\_\_ Seated Calf Raise 3x15
- \_\_\_ Alternating Crunches 3x24(12 on each side)
- \_\_\_ Leg extensions 3x15

## 15<sup>th</sup> Workout

- \_\_\_ **8-10 min warm up on bike or elliptical**
- \_\_\_ Barbell Curls 3x12
- \_\_\_ Close Grip Bench Press 3x12
- \_\_\_ Bent over barbell underhand row 3x12
- \_\_\_ Incline Dumbbell fly 3x12
- \_\_\_ Alternating Dumbbell Hammer Curls 2x15
- \_\_\_ Skull Crushers 2x15
- \_\_\_ Preacher curls- 3x12

# Week 4

90 second rest periods between sets.

Longer periods can be taken between exercises.

## 16<sup>th</sup> Workout

- \_\_\_ **Conditioning: Warm-Up 1 mile jog**
- \_\_\_ Squats to parallel 3x12
- \_\_\_ Dumbbell lunges 3x20
- \_\_\_ Dead Lift 3x12
- \_\_\_ Vertical leg curl 3x12
- \_\_\_ Standing Calf Raises 3x15
- \_\_\_ Center Crunches-2 Second Pause at top 3x20
- \_\_\_ 2x Pull ups to Failure

## 17<sup>th</sup> Workout

- \_\_\_ **8-10 min warm-up on bike or elliptical**
- \_\_\_ Barbell Bench press 3x12
- \_\_\_ T-Bar Row 3x12
- \_\_\_ Incline Hammer Strength/Machine Press 2x12
- \_\_\_ Wide Grip Lat Pull down 2x12
- \_\_\_ Pec Deck 3x12
- \_\_\_ Seated Cable Row-Close Grip 2x12
- \_\_\_ Underhand Cable Tricep Press down 2x12

## 18<sup>th</sup> Workout **CARDIO WARRIOR**

- \_\_\_ **warm up jog 3 minutes**
- \_\_\_ **5x 30 second Sprints pace between 7 to 11**
- \_\_\_ **4x 1 minute Sprints pace between 6 to 10**
- \_\_\_ **3x 2 minute Sprint pace between 6 to 8.5**
- \_\_\_ **2x walk 2.5 minutes 15 incline pace 3.5**
- \_\_\_ **3x25 push up walk speed.5/incline 15**
- \_\_\_ **jog 1.5 miles**
- \_\_\_ **2x2 min ABS-nonstop situps**

## 19<sup>th</sup> Workout

- \_\_\_ **8-10 min warm up on bike or elliptical**
- \_\_\_ Deadlift 3x8
- \_\_\_ Leg Press 3x12
- \_\_\_ Good Mornings 3x12
- \_\_\_ Leg curls 3x10
- \_\_\_ Seated Calf Raise 3x15
- \_\_\_ Alternating Crunches 3x24(12 on each side)
- \_\_\_ Leg extensions 3x15

## 20<sup>th</sup> Workout

- \_\_\_ **8-10 min warm up on bike or elliptical**
- \_\_\_ Barbell Curls 3x12
- \_\_\_ Close Grip Bench Press 3x12
- \_\_\_ Bent over barbell underhand row 3x12
- \_\_\_ Incline Dumbbell fly 3x12
- \_\_\_ Alternating Dumbbell Hammer Curls 2x15
- \_\_\_ Skull Crushers 2x15
- \_\_\_ Preacher curls- 3x12

# Week 5

Longer rest periods during beginning of the workout for most compound lifts.

Increase intensity towards the latter half of the workout

## 21<sup>st</sup> Workout Chest

- \_\_\_ Warm-Up 8-10 min on bike or elliptical
- \_\_\_ Dumbbell Bench Press 3x8
- \_\_\_ Barbell Incline Bench Press 3x12
- \_\_\_ Wide grip chest press 3x15
- \_\_\_ Decline Push-Ups 3x20
- \_\_\_ Center Crunches-2 Second Pause at top 3x20

## 22<sup>nd</sup> Workout Legs

- \_\_\_ Conditioning: Warm-Up 1 mile jog
- \_\_\_ Deep Squats 3x10 (smith, feet close)
- \_\_\_ Leg Press 3x8
- \_\_\_ Hamstring curls 3x8
- \_\_\_ One-Leg Dumbbell Romanian Dead Lift 2x8
- \_\_\_ Leg Press Calf Raises 2x15
- \_\_\_ Seated Calf Raises 2x15

## 23<sup>rd</sup> Workout CARDIO WARRIOR

- \_\_\_ 2x build ups -1minute at each  
pace 4,5,6,7,8
- \_\_\_ 5x 30 second Sprints pace between 7 to 11
- \_\_\_ 4x 1 minute Sprints pace between 6 to 10
- \_\_\_ 3x 2 minute Sprint pace between 6 to 8.5
- \_\_\_ 2x walk 2.5 minutes 15 incline pace 3.5
- \_\_\_ 1.5 mile jog
- \_\_\_ 2x 2minute plank

## 24<sup>th</sup> Workout Arms

- \_\_\_ Warm-Up 8-10 min on bike or elliptical
- \_\_\_ Dumbbell Close Grip Bench Press 3x18
- \_\_\_ Alternating Dumbbell Curls 3x18
- \_\_\_ Overhead Barbell Skull Crushers 3x10
- \_\_\_ Barbell Preacher Curls 3x10
- \_\_\_ Tricep Rope Extensions 2x12
- \_\_\_ Barbell Curls-21's 2x21

## 25<sup>th</sup> Workout Back

- \_\_\_ Conditioning: Warm-Up 1 mile jog
- \_\_\_ Dead Lifts 3x8
- \_\_\_ Overhand Pull-Ups (3 sets to failure) 2min rest
- \_\_\_ Bent Over Barbell Row 3x8
- \_\_\_ Reverse Pec Deck 3x10

# Week 6

Longer rest periods during beginning of the workout for most compound lifts.

Increase intensity towards the latter half of the workout

## 26<sup>th</sup> Workout Chest

- \_\_\_ **Conditioning: Warm-Up 1 mile jog**
- \_\_\_ Dumbbell Bench Press 3x8
- \_\_\_ Barbell Incline Bench Press 3x12
- \_\_\_ Weighted Dips 3x10
- \_\_\_ Decline Push-Ups 3x20
- \_\_\_ ABS 3x12 Knee Raises
- \_\_\_ Center Crunches-2 Second Pause at top 3x20

## 27<sup>th</sup> Workout Legs

- \_\_\_ **Warm-Up 8-10 min on bike or elliptical**
- \_\_\_ Deep Squats 3x10
- \_\_\_ Leg Press 3x8
- \_\_\_ Hamstring Drops 3x8
- \_\_\_ One-Leg Dumbbell Romanian Dead Lift 2x8
- \_\_\_ Leg Press Calf Raises 2x15
- \_\_\_ Seated Calf Raises 2x15

## 28<sup>th</sup> Workout CARDIO DAY

- \_\_\_ **2x ladders** -1minute at each  
pace 4,5,6,7,8 up and then back down.
- \_\_\_ **5x 30 second Sprints** pace between 7 to 11
- \_\_\_ **4x 1 minute Sprints** pace between 6 to 10
- \_\_\_ **3x 2 minute Sprint** pace between 6 to 8.5
- \_\_\_ **3x walk 3 minutes 15 incline** pace 3.5
- \_\_\_ **3x25 push up walk** no speed/incline 15
- \_\_\_ **2x 2minute plank**

## 29<sup>th</sup> Workout Arms

- \_\_\_ **Warm-Up 8-10 min on bike or elliptical**
- \_\_\_ Dumbbell Close Grip Bench Press 3x18
- \_\_\_ Alternating Dumbbell Curls 3x18
- \_\_\_ Overhead Barbell Skull Crushers 3x10
- \_\_\_ Barbell Preacher Curls 3x10
- \_\_\_ Tricep Rope Extensions 2x12
- \_\_\_ Barbell Curls- 2x20

## 30<sup>th</sup> Workout Back

- \_\_\_ **Conditioning: Warm-Up 1 mile jog**
- \_\_\_ back extensions with med. ball 3x15
- \_\_\_ Overhand Pull-Ups (3 sets to failure) 2min rest
- \_\_\_ Bent Over Barbell Row 3x8
- \_\_\_ Reverse Pec Deck 3x10

# Week 7

Longer rest periods during beginning of the workout for most compound lifts.

Increase intensity towards the latter half of the workout

## 31<sup>st</sup> Workout Chest

- \_\_\_ Warm-Up 8-10 min on bike or elliptical
- \_\_\_ Dumbbell Bench Press 3x8
- \_\_\_ Barbell Incline Bench Press 3x12
- \_\_\_ Wide grip chest press 3x15
- \_\_\_ Decline Push-Ups 3x20
- \_\_\_ ABS roman chair Knee Raises 3x12
- \_\_\_ Center Crunches-2 Second Pause at top 3x20

## 32<sup>nd</sup> Workout Legs

- \_\_\_ Conditioning: Warm-Up 1 mile jog
- \_\_\_ Deep Squats 3x10 (smith, feet close)
- \_\_\_ Leg Press 3x20
- \_\_\_ Hamstring curls 3x20
- \_\_\_ One-Leg Dumbbell Romanian Dead Lift 2x10
- \_\_\_ Leg Press Calf Raises 2x15
- \_\_\_ Seated Calf Raises 2x15

## 33<sup>rd</sup> Workout CARDIO DAY

- \_\_\_ 2x ladders -1minute at each pace 4.5, 5.5, 6.5, 7.5, 8.5 up and then back down.
- \_\_\_ 10x 30 sec Sprints pace between 7 to 11 (rest 30 seconds to 1 minute max between)
- \_\_\_ 3x walk 3 minutes 15 incline pace 3.5
- \_\_\_ 3x25 push up walk no speed/incline 15
- \_\_\_ 3x 2minute plank
- \_\_\_ 4x 25 box jumps!!

## 34<sup>th</sup> Workout Arms

- \_\_\_ Warm-Up 8-10 min on bike or elliptical
- \_\_\_ Dumbbell Close Grip Bench Press 3x18
- \_\_\_ Alternating Dumbbell Curls 3x18
- \_\_\_ Overhead Barbell Skull Crushers 3x10
- \_\_\_ Barbell Preacher Curls 3x10
- \_\_\_ Tricep Rope Extensions 2x12
- \_\_\_ Barbell Curls- 2x20

## 35<sup>th</sup> Workout Back

- \_\_\_ Conditioning: Warm-Up 1 mile jog
- \_\_\_ back extensions with med. ball 3x15
- \_\_\_ Overhand Pull-Ups (3 sets to failure) 2min rest
- \_\_\_ Bent Over Barbell Row 3x10
- \_\_\_ Reverse Pec Deck 3x10

# Week 8

Longer rest periods during beginning of the workout for most compound lifts.

Increase intensity towards the latter half of the workout

## 36<sup>th</sup> Workout

- \_\_\_ **Conditioning: Warm-Up 1 mile jog**
- \_\_\_ Dumbbell Bench Press 3x8
- \_\_\_ Barbell Incline Bench Press 3x12
- \_\_\_ Wide grip chest press 3x15
- \_\_\_ Decline Push-Ups 3x20
- \_\_\_ Center Crunches-2 Second Pause at top 3x20
- \_\_\_ 10 minutes STRETCH

## 37<sup>th</sup> Workout

- \_\_\_ **Conditioning: Warm-Up 1 mile jog**
- \_\_\_ Deep Squats 3x20 (wide stance toes slightly out)
- \_\_\_ Leg Press 3x20
- \_\_\_ Hamstring curls 3x20
- \_\_\_ One-Leg Dumbbell Romanian Dead Lift 2x12
- \_\_\_ Leg Press Calf Raises 3x15
- \_\_\_ Seated Calf Raises 4x15

## 38<sup>th</sup> Workout CARDIO DAY

- \_\_\_ **2x ladders** -1minute at each pace 4.5, 5.5, 6.5, 7.5, 8.5 up and then back down.
- \_\_\_ **10x 30 sec Sprints** pace between 7 to 11 (rest 30 seconds to 1 minute max between)
- \_\_\_ **3x walk 3 minutes 15 incline** pace 3.5
- \_\_\_ **3x25 push up walk** no speed/incline 15
- \_\_\_ **2 mile jog**
- \_\_\_ **3x band resistance stepups 60x3 (30ea leg)**

## 39<sup>th</sup> Workout

- \_\_\_ **Conditioning: Warm-Up 1 mile jog**
- \_\_\_ Dumbbell Close Grip Bench Press 3x18
- \_\_\_ Alternating Dumbbell Curls 3x18
- \_\_\_ Overhead Barbell Skull Crushers 3x12
- \_\_\_ Barbell Preacher Curls 3x12
- \_\_\_ Tricep Rope Extensions 2x12
- \_\_\_ Barbell Curls- 3x20

# Week 9

Rest Periods should be increased to 3-4 minutes

## 40<sup>th</sup> Workout

- \_\_\_ Warm Up 8-10 min. on bike or elliptical
- \_\_\_ Squat jumps with 10 -20lb dumbbell 3x Max
- \_\_\_ reverse Pull ups 3x Max reps underhand
- \_\_\_ reverse Pull ups 3x Max reps overhand
- \_\_\_ Bent Over Barbell underhand Row 3x12
- \_\_\_ Bent Over Barbell overhand Row 3x12
- \_\_\_ ABS roman chair Knee Raises 3x15
- \_\_\_ Center Crunches-2 Second Pause at top 3x20

## 41<sup>st</sup> Workout CARDIO DAY

- \_\_\_ 2x ladders -1minute at each pace 4.5, 5.5, 6.5, 7.5, 8.5 up and then back down.
- \_\_\_ 2x ladders -30seconds at each pace 3, 7, 8, 9,10 up and then back down.
- \_\_\_ walk 10 minutes 15 incline pace 2.5
- \_\_\_ 3x25 push up walk no speed/incline 15
- \_\_\_ 3x band resistance step ups 60x3 (30ea leg)
- \_\_\_ 3x 20 jump squats (with 15lb dumbbells)

## 42<sup>nd</sup> Workout

- \_\_\_ Warm-Up 8-10 min. on bike or elliptical
- \_\_\_ Bench press 3x6
- \_\_\_ Incline Press 3x8
- \_\_\_ Pec Deck 3x10
- \_\_\_ Pushups 3x15
- \_\_\_ 10 minutes STRETCH

## 43<sup>rd</sup> Workout

- \_\_\_ Conditioning: Warm-Up 1 mile jog
- \_\_\_ Squats 1x5, 1x4, 2x3
- \_\_\_ Leg Press 3x6
- \_\_\_ Lunge jumps 3x8 with 10 to 30lb dumbbells
- \_\_\_ 3x Pull ups to Failure  
(do 1 set after ea. Leg rotation))
- \_\_\_ 10 min STRETCH

# "300 WORKOUT"

## THE FINALE

- 15** pull-ups (regular or reverse)
- 50** triceps dips
- 50** push-ups
- 50** box jumps with a 24-inch box
- 50** plank to push up (25 each arm)
- 50** "clean and press" at 45 pounds (bar only)
- 35** lunge jumps with 15lb dumbbells or 10lb

-- For a total of 300 reps

Score is based on total time completing all exercise and all repetitions . You may go in any order and you may split up exercise and come back to them.

TIME FINISHED \_\_\_\_\_ :

# SPARTAN NUTRITION

## Four rules to follow during your quest to become the ultimate warrior

1. Eat every 2.5-3.5 hours.

2. Always eat carbs with protein. Eat the protein before or with your carbs. During the 9 weeks, the only thing that should count as protein will be: Chicken, Lean beef(at least 90% lean), Eggs, Fish(At least twice a week), and Turkey.

3. 20% Rule. Other than pre and post-workout make sure that the carbs you're consuming are not made up of more than 20% sugar. Example: A food has a total of 30g carbs/serving. The sugar per/serving is 8 grams. 20% of 30g is 6g. Because the sugar exceeds 6 grams, you should not eat that type of food.

4. Stay hydrated. You should be drinking constantly to ensure proper muscle recovery and metabolic functioning.

- The things you will have the most trouble with in your diet will be breakfast and your 2+ snacks throughout the day, as it is generally hard for people to include protein at these times. You will have to plan ahead in order for you to be successful at this. To ensure success we recommend Advocare Meal Replacement shakes every morning and to frequently use the Advocare Meal Replacement bars and Snack bars to supplement breakfast and snacks.
- 3 critical times: Breakfast, Pre-workout, Post-workout.
  1. For breakfast it is critical to get fast absorbing protein into your system as quickly as possible in order to stop the break down of muscle that occurs overnight. This is why we recommend using the Meal replacement shakes first thing in the morning.
  2. It is important to minimize/eliminate fat intake approximately 3 hours prior to working out. Regular food should be eaten no closer than 1.5-2 hours prior to workout. Depending on your size we recommend a 3-1/4-1 carb-to-protein shake about 1 hour before working out. Average serving size should be around 30-40g high glycemic index carbs and 10-15g of high quality protein. The Advocare Post-Workout Recovery shakes work perfectly for a pre-workout shake and post workout as well.
  3. As with pre-workout, you want to avoid fat for 2+hours after you finish working out. More importantly though, you want to make sure that within 45 minutes(The sooner the better) after you finish your workout you consume the Post-Workout Recovery Shake. It is essential to put fast digesting carbs and high quality protein back into your system during this critical time as your muscles are like sponges during this period, and if you miss out on the nutrition you miss out on some serious growth! Contrary to what many people think, you actually need more carbs than protein after your workout, hence the approx 4-1 carb-to-protein make-up of the Post-Workout Recovery shake.



# SPARTAN PACKAGES

- You pay retail or get a discount if you set up a wholesale account for \$79

## Cleanse & Rocket Fuel!

CLEANSE	1 box	31.50
SPARK	14	22.95
CATALYST	1 bottle	31.50
MEAL REP. SHAKES	14	39.95
MUSCLE GAIN BOX	10	33.95
MUSCLE FUEL	40	167.80
CORE PLEX	2 bottle	83.00
OMEGA PLEX	4 bottle	79.80
CALCIUM PLUS	2 bottle	45.00

**Retail Total \$535.45**

Discount @ 25% with Wholesale Membership (\$79)

**You only Pay \$401.58**

**\$6.37 PER DAY!!**



## Lean Spartan Weight Loss

CLEANSE	1 box	31.50
SPARK	14	22.95
CATALYST	bottle	31.50
MEAL REP. SHAKES	14	39.95
MUSCLE GAIN BOX	10	33.95
MUSCLE FUEL	40	167.80
MNS KIT	56 Days	411.80

**Retail Total \$739.45**

Discount @ 25% with Wholesale Membership (\$79)

**You only Pay \$554.59**

**\$8.80 PER DAY!!**



## Spartan keep up & Recover strong

CLEANSE	1 box	31.50
SPARK	1 box	22.95
CATALYST	4 bottle	126.00
MEAL REP. SHAKES	14	39.95
MUSCLE GAIN BOX	10	33.95
MUSCLE FUEL	40	167.80
POST RECOVER SHAKE	50	151.90
NIGHTTIME RECOVER	2 bottle	45.00
SPARK	1 can	51.95
CORE PLEX	2 bottle	83.00
OMEGA PLEX	4 bottle	79.80
CALCIUM PLUS	2 bottle	45.00

**Retail Total \$878.80**

Discount @ 25% with Wholesale Membership (\$79)

**You only Pay \$659.10**

**\$10.46 PER DAY!!**



## SPARTA WARRIOR BUILD UP

CLEANSE	1 box	31.50
SPARK	14	22.95
CATALYST	3 bottle	31.50
MEAL REP. SHAKES	14	94.50
MUSCLE FUEL	40	167.80
MUSCLE GAIN	3 cans	215.85
ARGENINE	1 can	61.95
NIGHTTIME RECOVERY	2 bottle	45.00
SPARK	1 can	51.95
CORE PLEX	2 bottle	83.00
OMEGA PLEX	4 bottle	79.80
CALCIUM PLUS	2 bottle	45.00

**Retail Total \$930.80**

Discount @ 25% with Wholesale Membership (\$79)

**You only Pay \$698.10**

**\$11.08 PER DAY!!**



### Payment Information

**FULL NAME**

**PHONE #**

**EMAIL**

**BILLING ADDRESS**

**SHIPPING ADDRESS same ( )**

**county:**

**CARD#**

**EXP DATE**

**BIRTH DATE**

**SS# (for referral income)**

***SIGNATURE***

