



SPARTAN TRIALS

strength & tone

BODYWEIGHT TRAINING

SPARTAN TRIALS

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Day 1 Survival of the fittest

Level I 3 sets

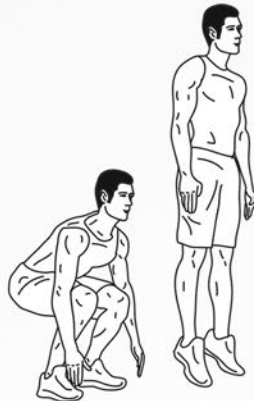
Level II 5 sets

Level III 7 sets

2 minute rest between sets



20 squats



10 jump squats



20 front kicks



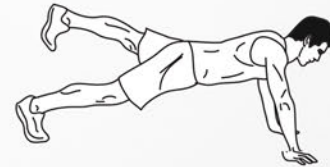
to-failure push-ups



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



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Day 2 Body Armor

Part I

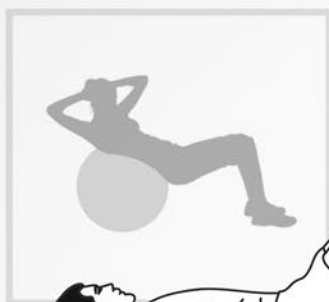
Level I 10 reps each

Level II 20 reps each

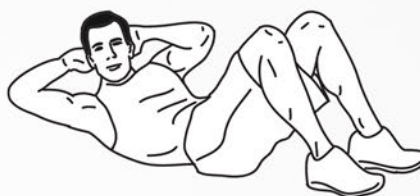
Level III 30 reps each

3 sets | 2 minutes rest between sets

exercise ball friendly



crunches



cross crunches

Part II

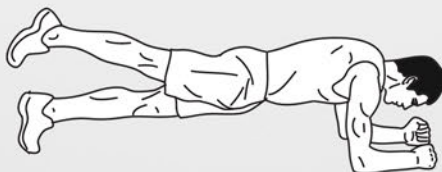
LEVEL I 20 sec LEVEL II 30 sec LEVEL III 40 sec

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

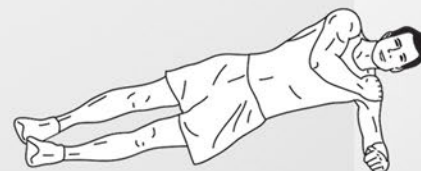
up to 2 minutes rest between sets



elbow plank



raised leg elbow plank



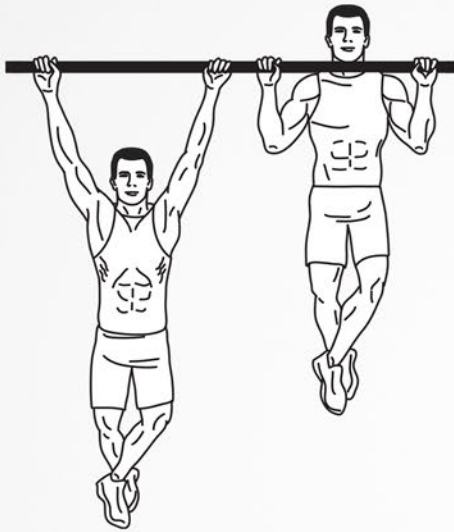
side elbow plank

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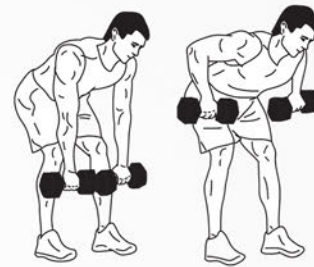
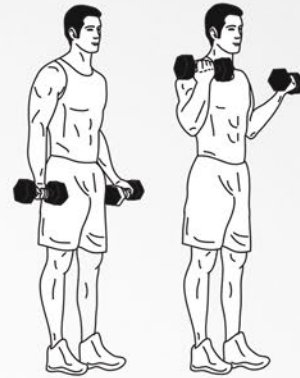
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Day 3 Come and Take 'em

Part I



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

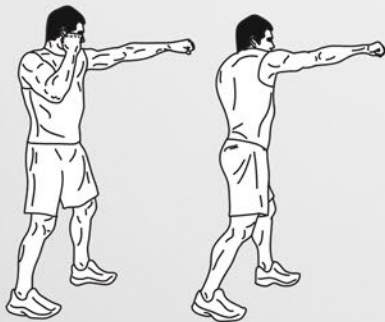


3 sets | 2 minutes rest
8 bicep curls
8 bent over rows

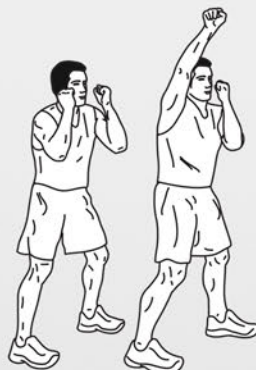
OR

Part II

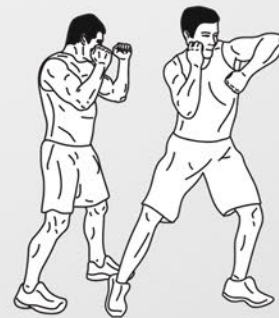
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



20 punches



20 overhead punches



20 elbow strikes

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Day 4 Balance & Coordination

Level I 3 sets

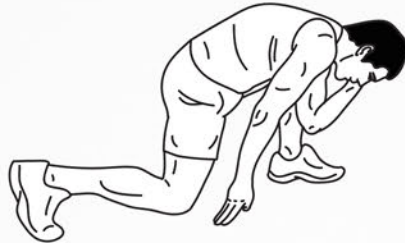
Level II 4 sets

Level III 5 sets

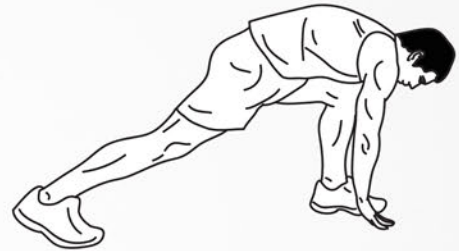
2 minutes rest between sets



lunge



deep lunge elbow bent



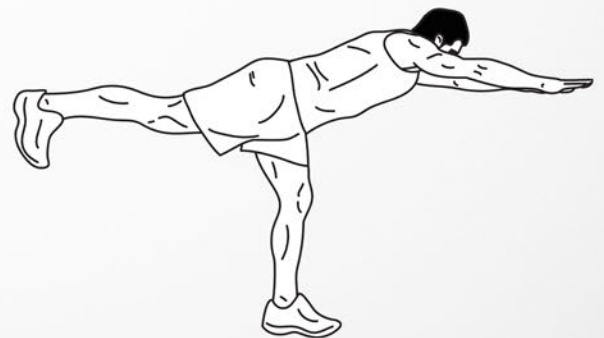
deep lunge



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

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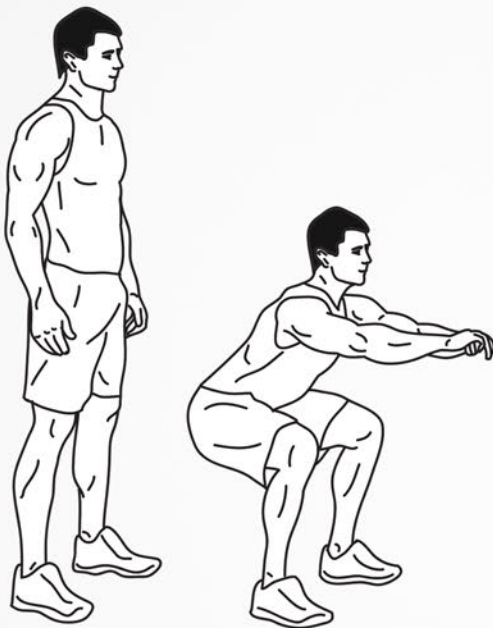
Day 5 With shield or on a shield

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

10 squats

X push-ups

10 squats

X push-ups

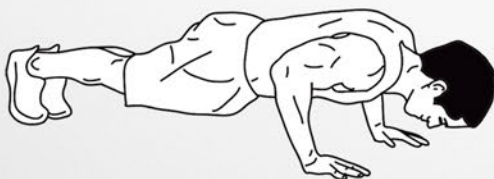
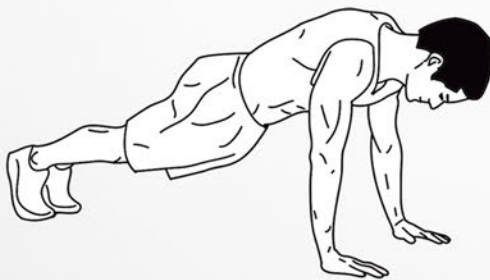
10 squats

X push-ups

10 squats

X push-ups

done



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Day 6 Body Armor

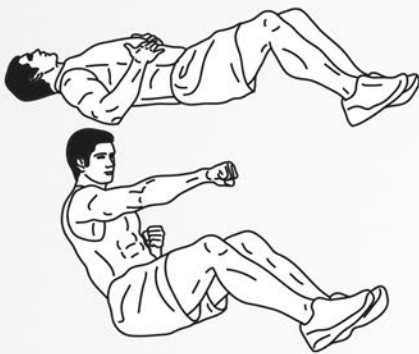
Part I

Level I 10 reps each

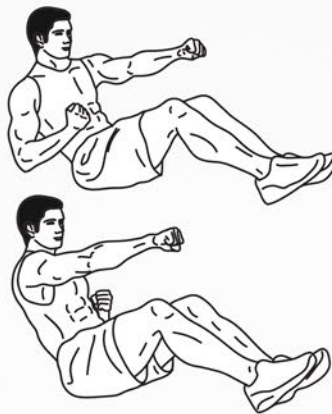
Level II 16 reps each

Level III 20 reps each

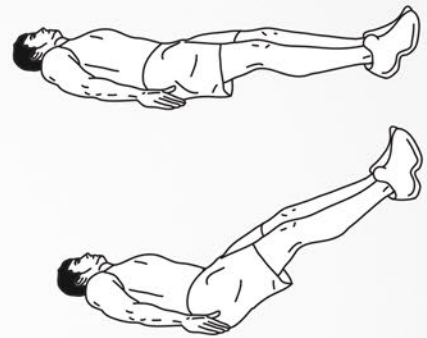
3 sets | 2 minutes rest between sets



sit-up punches



sitting punches



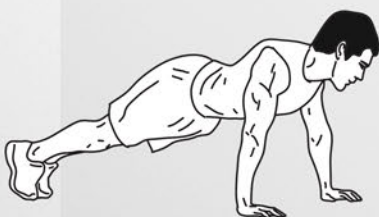
leg raises

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



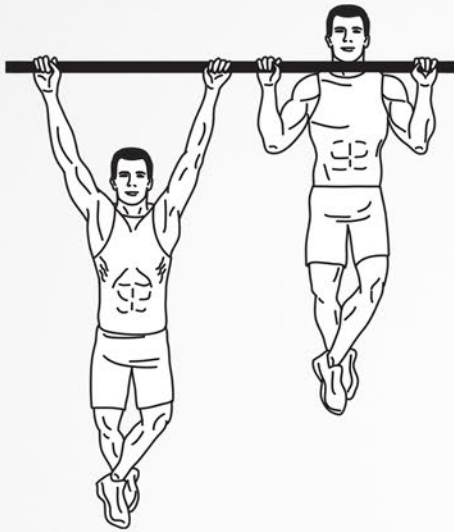
up and down plank + 30 second elbow plank finish

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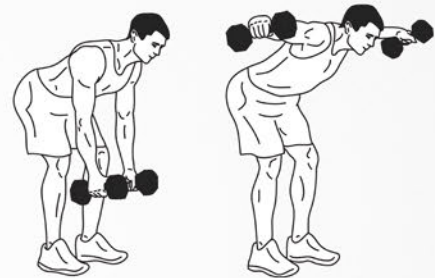
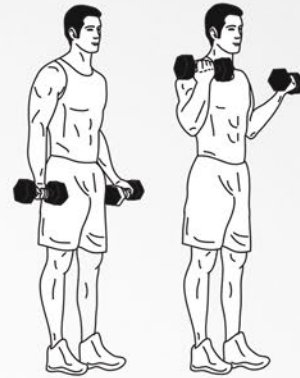
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Day 7 Come and Take 'em

Part I



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

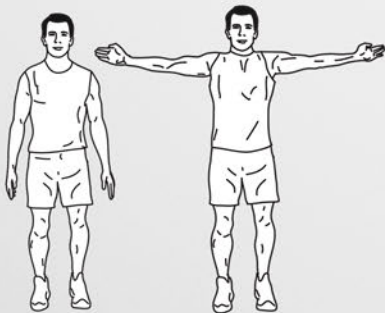


4 sets | 2 minutes rest
10 bicep curls
5 bent lateral raises

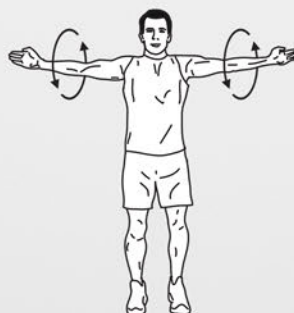
OR

Part II

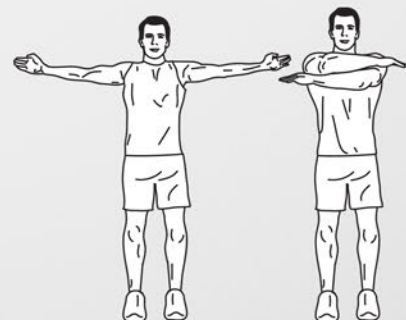
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



20 side arm raises



20 raised arm circles



20 arm scissors

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Day 8 Balance & Coordination

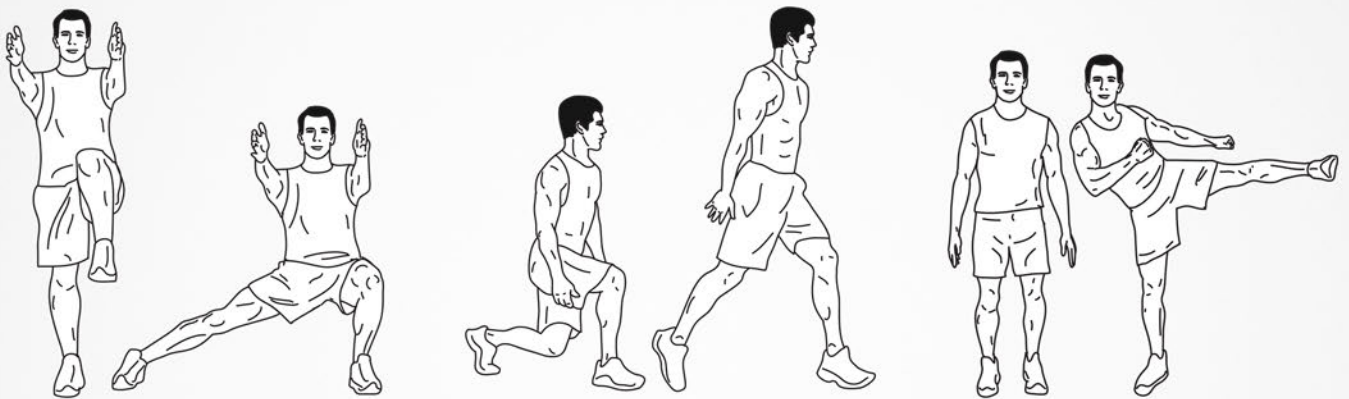
Part I

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

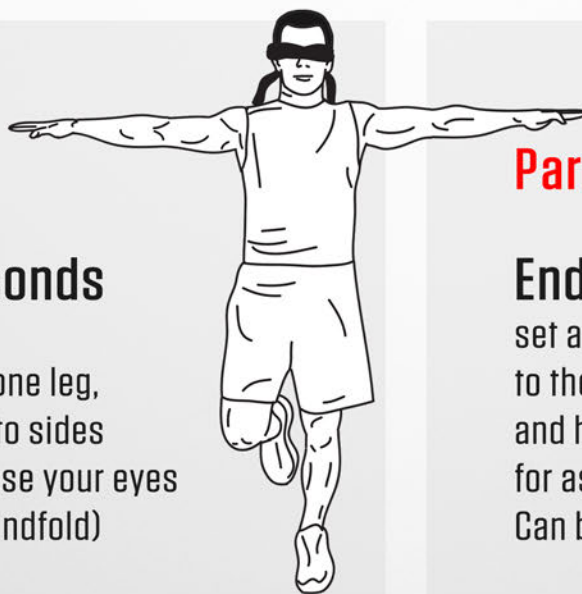
jumping lunges

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

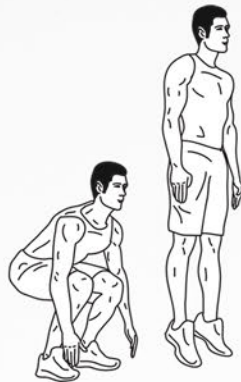
Level II 5 sets

Level III 7 sets

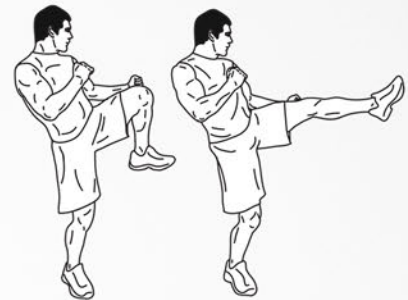
2 minutes rest between sets



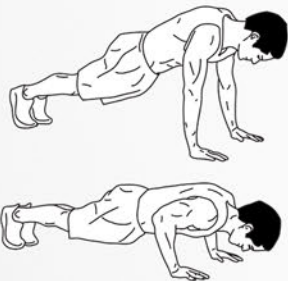
20 squats



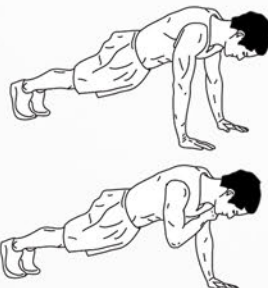
10 jump squats



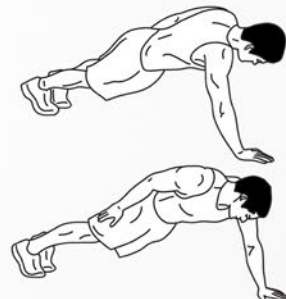
20 front kick



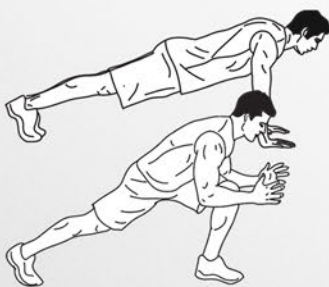
to failure push-ups



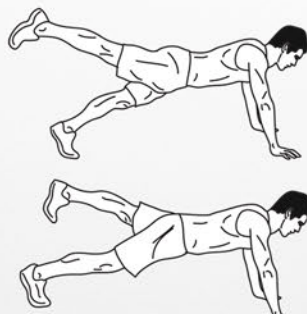
10 shoulder taps



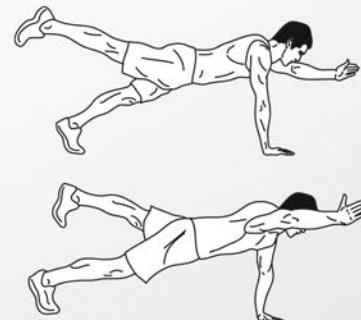
10 thigh taps



10 plank-into-lunges



10 plank leg raises



10 alt plank arm / leg raises

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Day 10 Body Armor

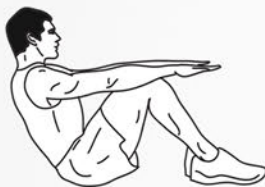
Part I

Level I 3 sets | 10 reps each

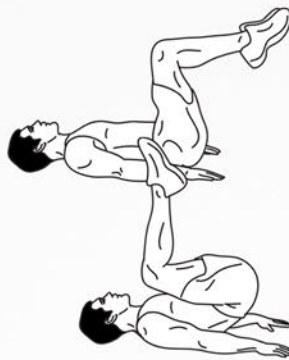
Level II 4 sets | 16 reps each

Level III 5 sets | 24 reps each

2 minutes rest between sets



sit-ups



reverse crunches



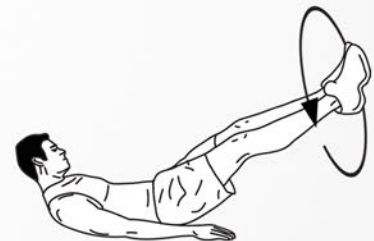
sitting twists



crunch kicks



leg raises



raised leg circles

Part II

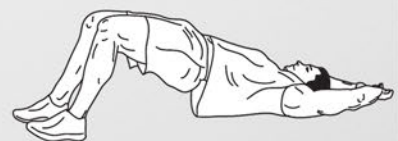
3 sets | 10 reps each, hold each pose for 3 seconds
repeat with no rest in between sets



lower back curls



superman stretch



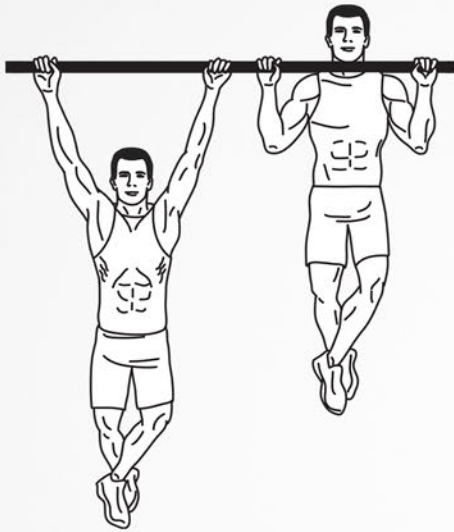
bridges

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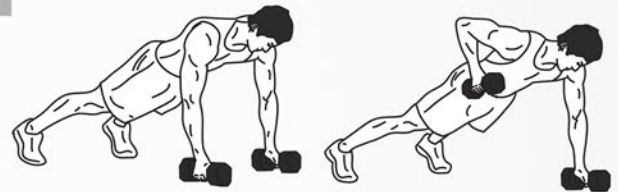
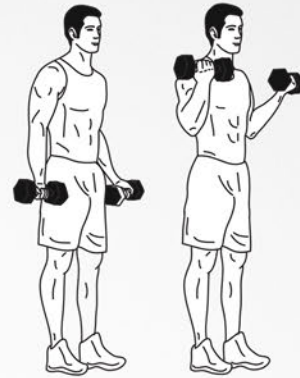
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Day 11 Come and Take 'em

Part I



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



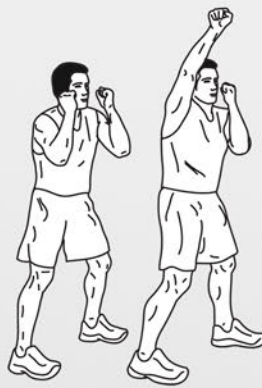
4 sets | 2 minutes rest
10 bicep curls
10 renegade rows

Part II

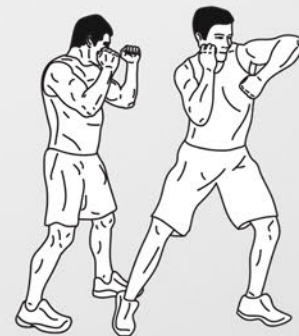
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



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

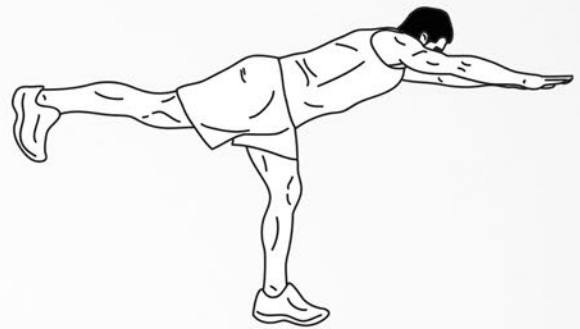
2 minutes rest between sets



knee raise



knee raise press



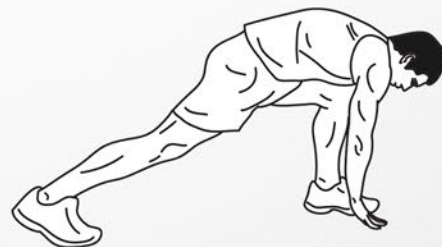
balance stand



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

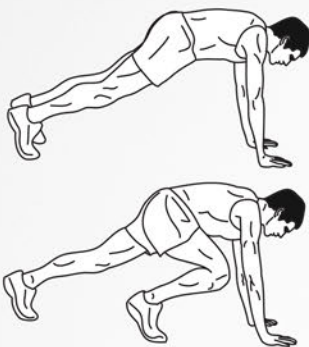
Part I

Level I 3 sets

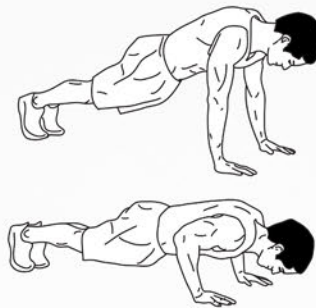
Level II 5 sets

Level III 7 sets

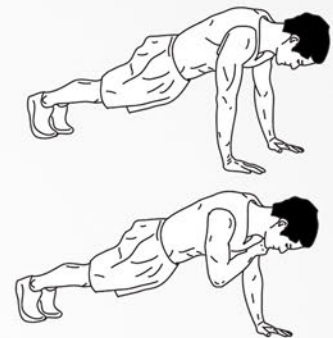
2 minutes rest between sets



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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Day 14 Body Armor

Part I

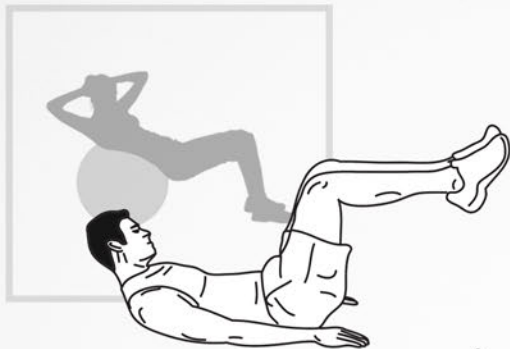
Level I 20 reps each

Level II 30 reps each

Level III 40 reps each

3 sets | 2 minutes rest between sets

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

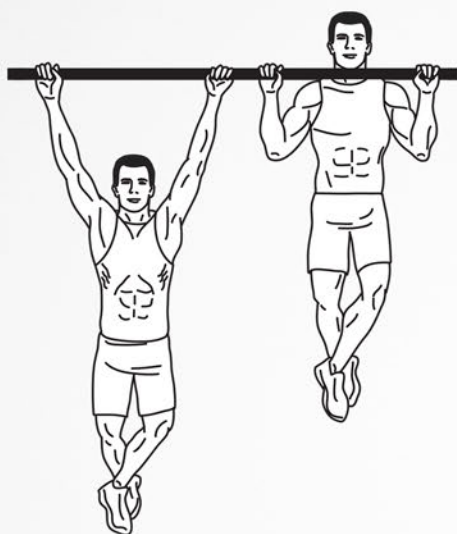
body saw

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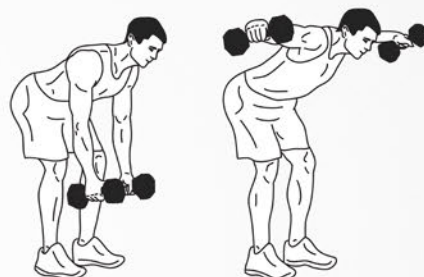
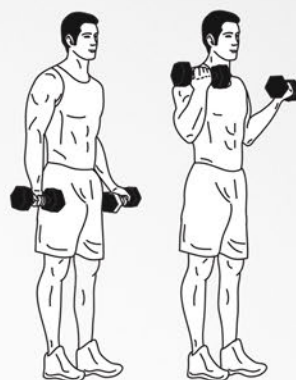
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Day 15 Come and Take 'em

Part I



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

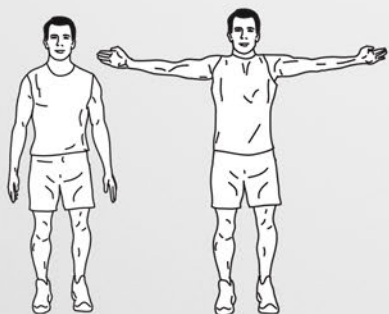


4 sets | 2 minutes rest
10 bicep curls
5 bent lateral raises

OR

Part II

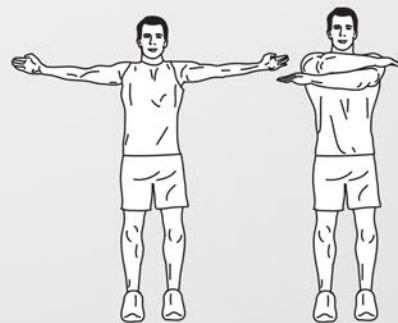
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



50 side arm raises



50 raised arm circles



50 arm scissors

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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

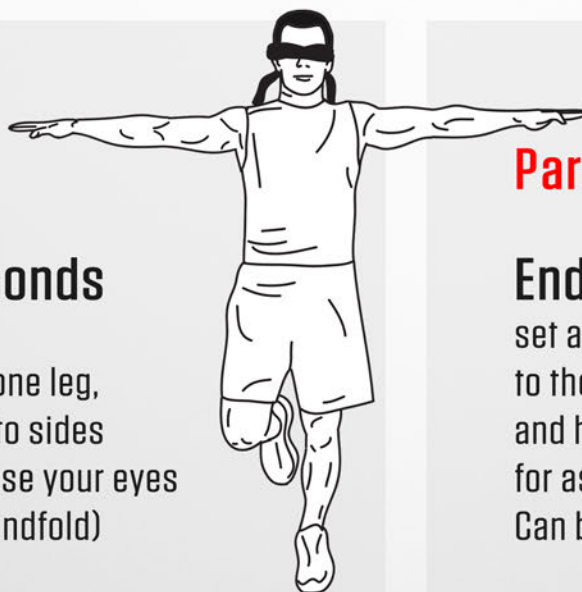
raised leg side lunges

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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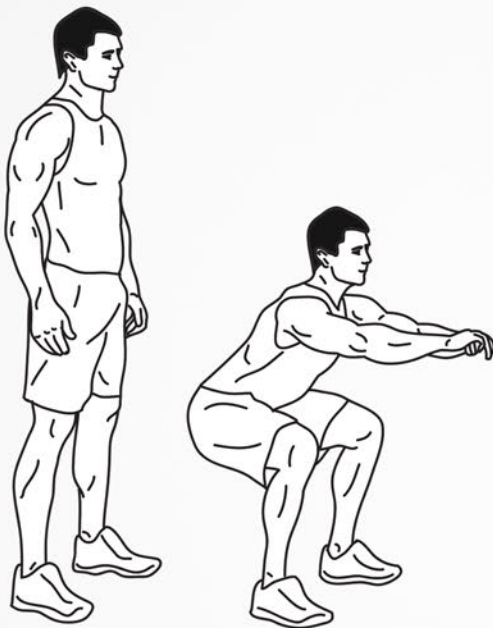
Day 17 With shield or on a shield

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

10 squats

X push-ups

10 squats

X push-ups

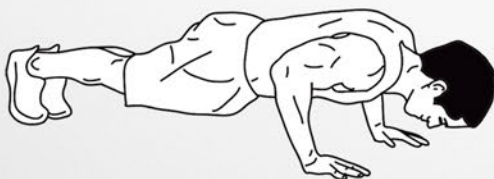
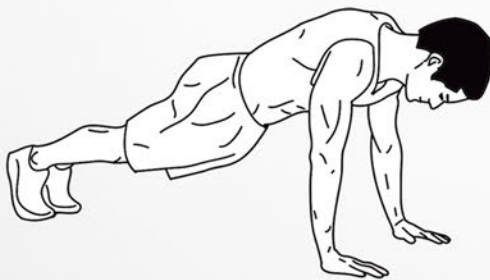
10 squats

X push-ups

10 squats

X push-ups

done



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Day 18 Body Armor

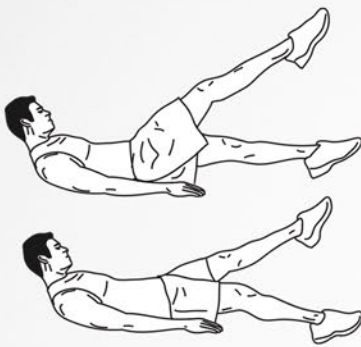
Part I

Level I 3 sets | 12 reps each

Level II 4 sets | 18 reps each

Level III 5 sets | 26 reps each

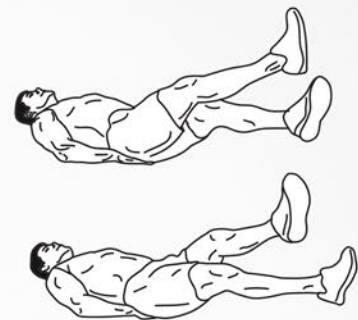
2 minutes rest between sets



flutter kicks



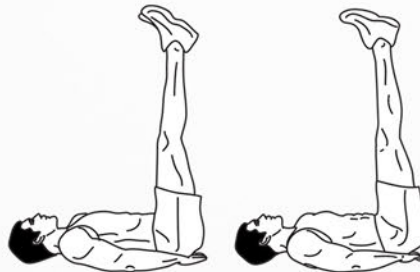
leg raises



scissors



side knifejacks



pulse-ups



infinity circles

Part II

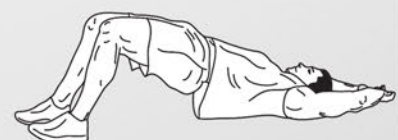
3 sets | 10 reps each, hold each pose for 3 seconds
repeat with no rest in between sets



lower back curls



superman stretch



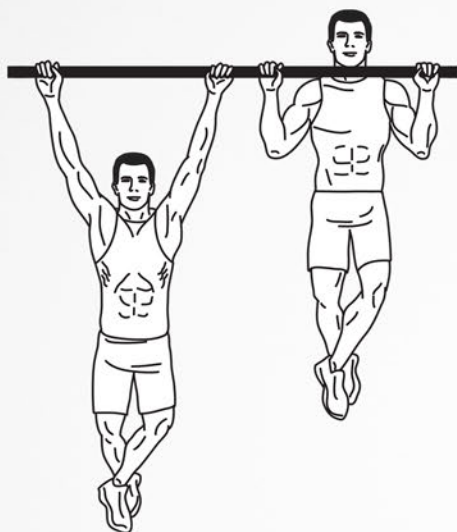
bridges

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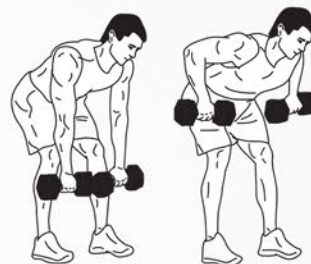
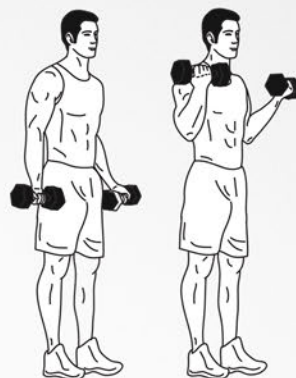
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Day 19 Come and Take 'em

Part I



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

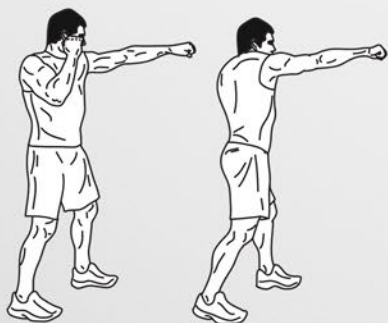


5 sets | 2 minutes rest
12 bicep curls
8 bent over rows

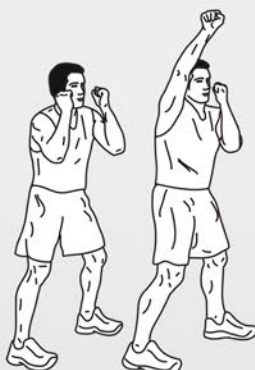
OR

Part II

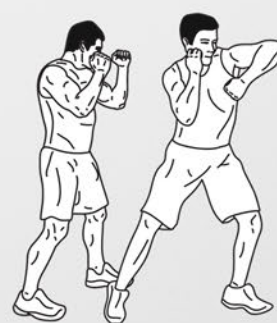
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



50 punches



50 overhead punches



50 elbow strikes

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Day 20 Balance & Coordination

Level I 3 sets

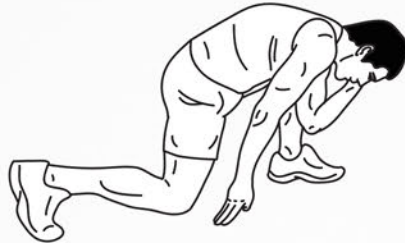
Level II 4 sets

Level III 5 sets

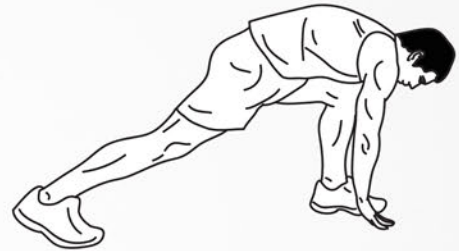
2 minutes rest between sets



lunge



deep lunge elbow bent



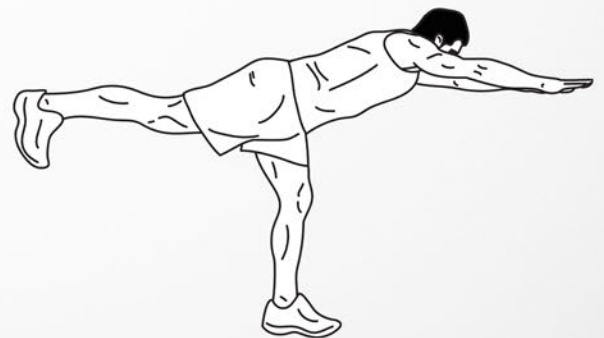
deep lunge



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

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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



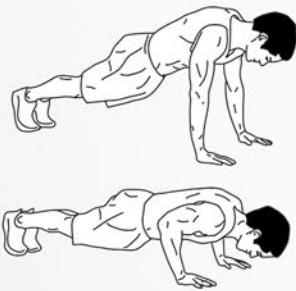
20 jump squats



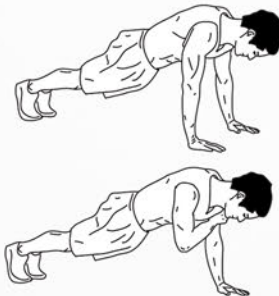
20 squats



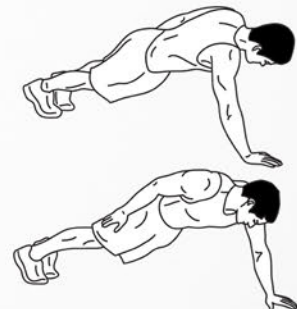
20-count squat hold



to failure push-ups



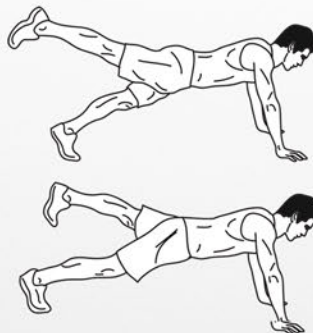
10 shoulder taps



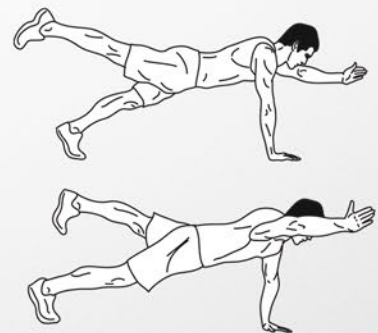
10 thigh taps



10 plank-into-lunges



10 plank leg raises



10 alt plank arm / leg raises

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Day 22 Body Armor

Part I

Level I 20 reps each

Level II 30 reps each

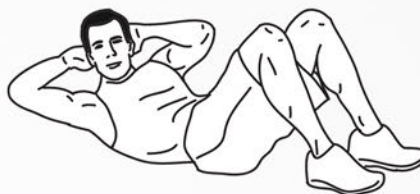
Level III 50 reps each

4 sets | 2 minutes rest between sets

exercise ball friendly



crunches



cross crunches

Part II

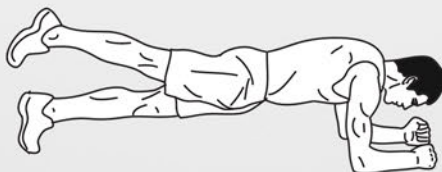
LEVEL I 30 sec LEVEL II 40 sec LEVEL III 60 sec

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

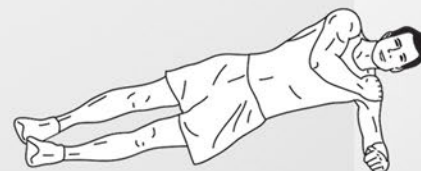
up to 2 minutes rest between sets



elbow plank



raised leg elbow plank



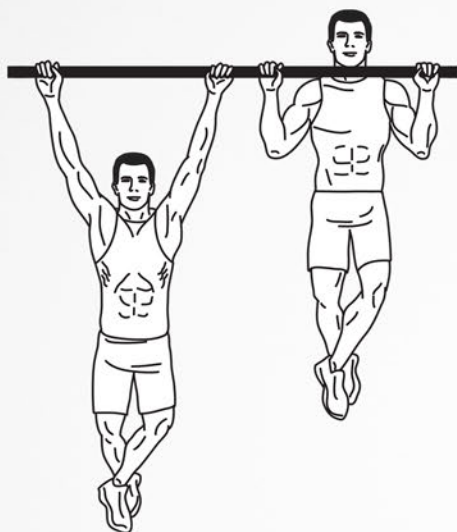
side elbow plank

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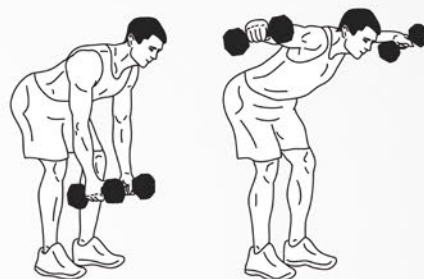
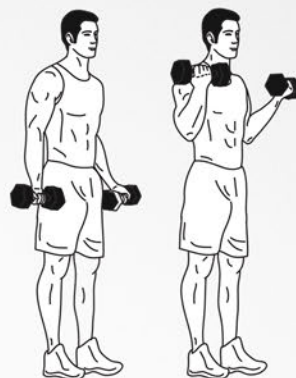
@ darebee.com

Day 23 Come and Take 'em

Part I



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

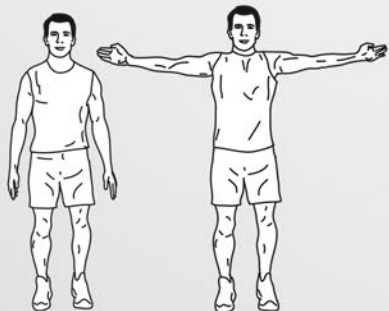


5 sets | 2 minutes rest
14 bicep curls
5 bent lateral raises

OR

Part II

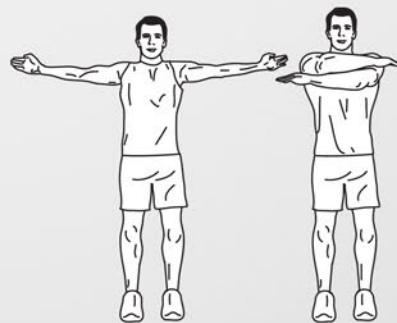
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



60 side arm raises



60 raised arm circles



60 arm scissors

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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

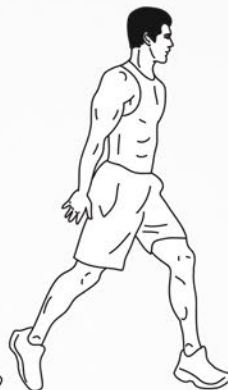
2 minutes rest between sets



raised leg side lunges



jumping lunges



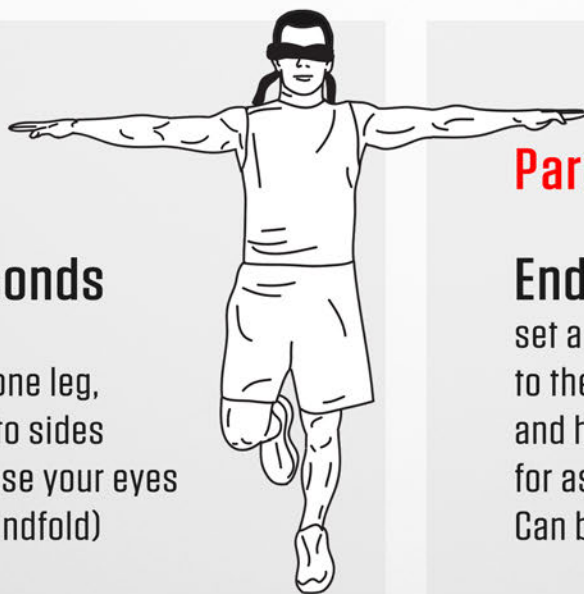
side leg raises



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.

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Day 25 Hidden Strength

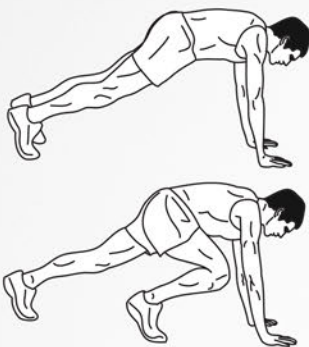
Part I

Level I 3 sets

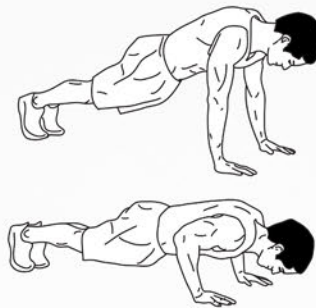
Level II 5 sets

Level III 7 sets

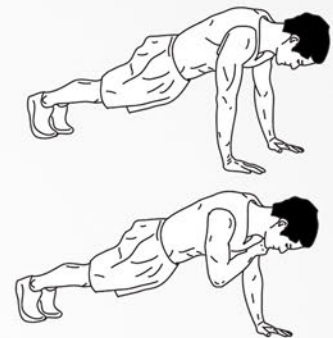
2 minutes rest between sets



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

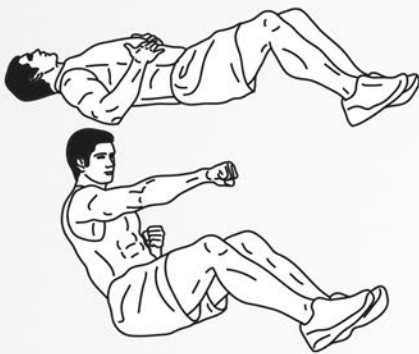
Part I

Level I 20 reps each

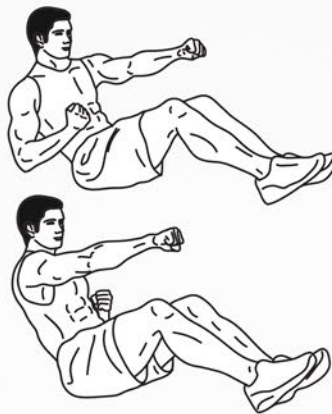
Level II 24 reps each

Level III 30 reps each

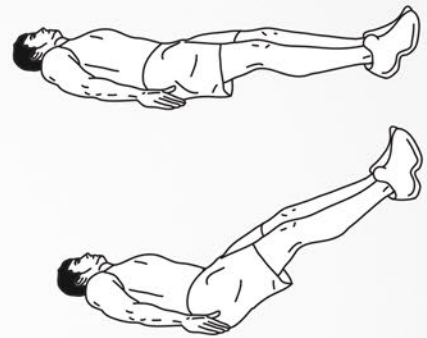
4 sets | 2 minutes rest between sets



sit-up punches



sitting punches



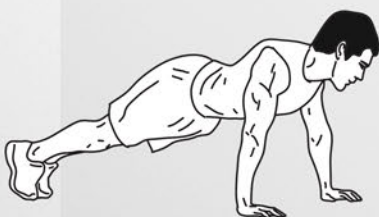
leg raises

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



up and down plank + 30 second elbow plank finish

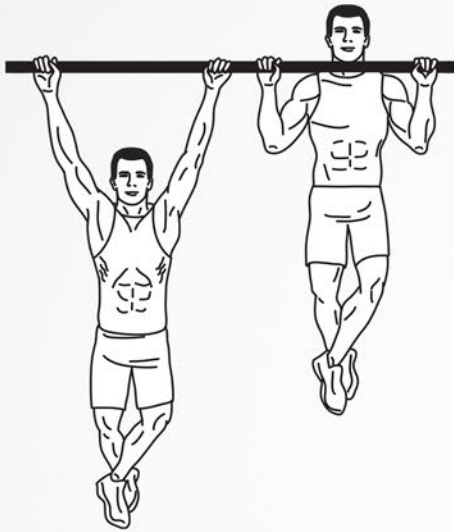


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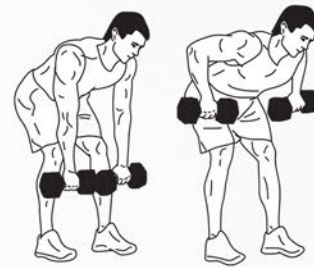
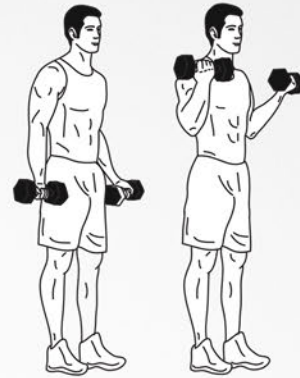
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Day 27 Come and Take 'em

Part I



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

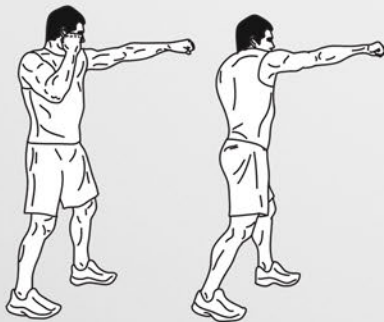


6 sets | 2 minutes rest
12 bicep curls
8 bent over rows

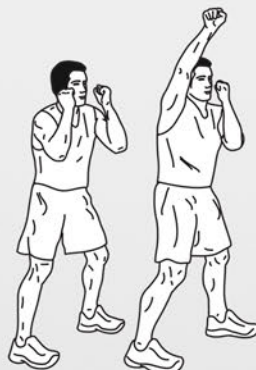
OR

Part II

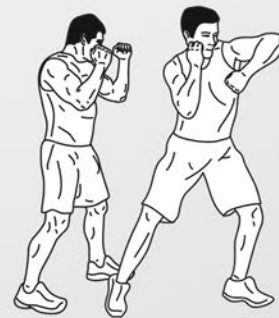
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



60 punches



60 overhead punches



60 elbow strikes

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Day 28 Balance & Coordination

Level I 3 sets

Level II 4 sets

Level III 5 sets

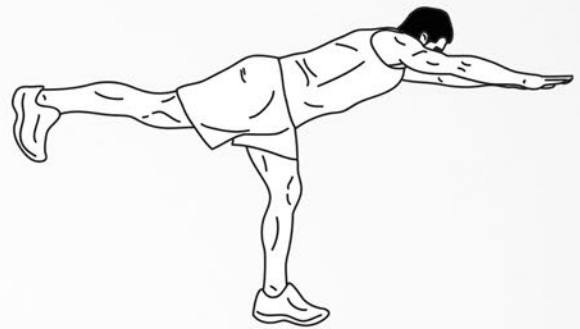
2 minutes rest between sets



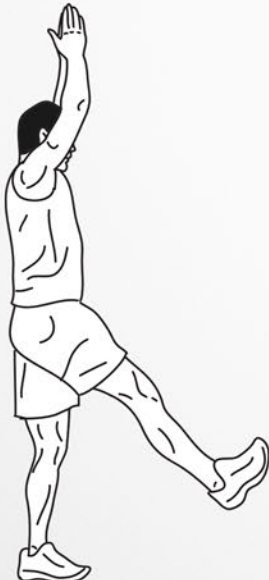
knee raise



knee raise press



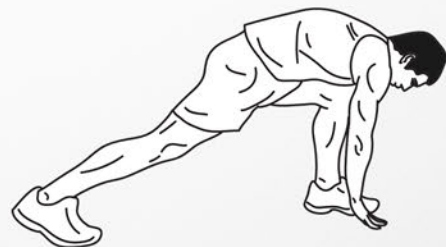
balance stand



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

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Day 29 Body Armor

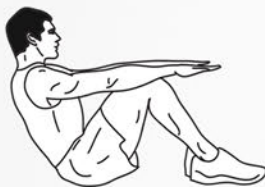
Part I

Level I 3 sets | 18 reps each

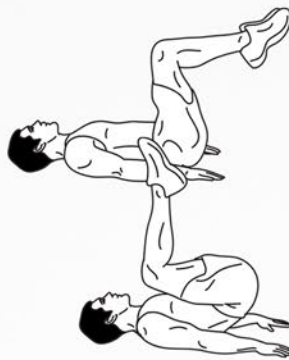
Level II 4 sets | 20 reps each

Level III 5 sets | 26 reps each

2 minutes rest between sets



sit-ups



reverse crunches



sitting twists



crunch kicks



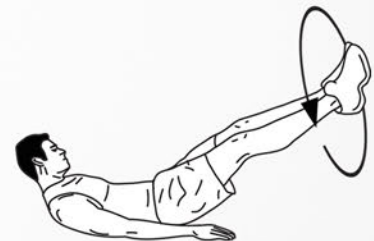
leg raises



crunch kicks



leg raises



raised leg circles

Part II

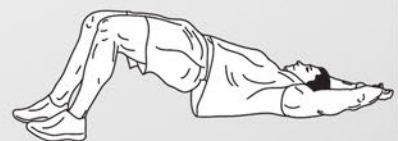
3 sets | 10 reps each, hold each pose for 4 seconds
repeat with no rest in between sets



lower back curls



superman stretch



bridges

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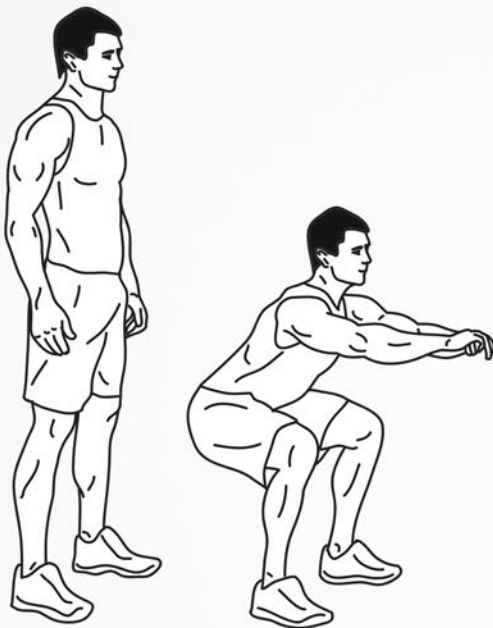
Day 30 With shield or on a shield

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

20 squats

X push-ups

20 squats

X push-ups

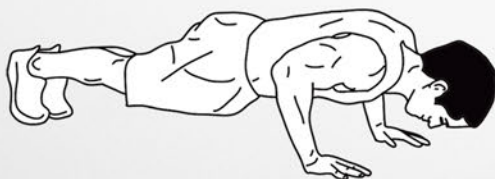
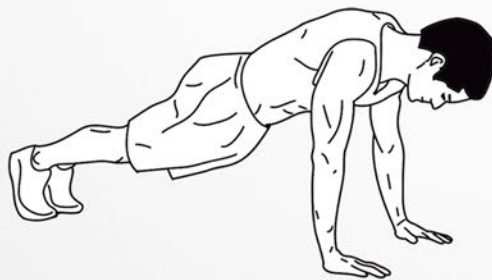
20 squats

X push-ups

20 squats

X push-ups

done



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