

## The Spartacus 2.0 Workout

Monday, Wednesday, Friday		Reps	Reps	Reps	Reps				
<b>Dumbbell Hang Pull</b>	Complete 4 Circuits. Do as many reps in 40 seconds. Rest 20. Aprox. 12 each								
<b>Offset Dumbbell Reverse Lunge</b>									
<b>Single Arm Dumbbell Swing</b>									
<b>Thrusters</b>									
<b>Single Leg, Single Arm Underhand Grip Dumbbell row</b>									
Complete 1 circuit of 5 exercises above with 20 seconds rest in between. Start immediately with 1 more circuit without rest! Complete 4 Circuits and move to Exercise below. Complete 4 Circuits									
<b>Dumbbell Chop</b>	Complete 4 Circuits. Do as many reps in 40 seconds. Rest 20. Aprox. 12 each								
<b>Plank Walk up to Pushup</b>									
<b>Rotational Dumbbell Straight Leg Dead lift</b>									
<b>Squat Thrust</b>									
<b>Jump Squats</b>									