



Phase 1 | Stage 1

Exercises > Difficulty > Difficult

Estimated Time > 00:00:00

4

Equipment Needed > None

1 > Spartans Push Up (id 49)

Difficulty > Difficult

Sets > 0

Estimated Time > 00:00



Sets	Total	Speed	Weight (Kg/Lbs)
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2 > Knee push ups - hands as chest width (id 86)

Difficulty > Average

Sets > 0

Estimated Time > 00:00



Sets	Total	Speed	Weight (Kg/Lbs)
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3 > Spartan Bow (id 21)

Difficulty > Difficult

Sets > 0

Estimated Time > 00:00



Sets	Total	Speed	Weight (Kg/Lbs)
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4 > Hindu Push Up (id 45)

Difficulty > Difficult

Sets > 0

Estimated Time > 00:00



Sets	Total	Speed	Weight (Kg/Lbs)
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*1 RM (Maximum Rep) corresponds to the weight that we can lift just once for a determined movement or exercise. Calculate your RM at our site by clicking on the appropriate section.

Note: this training chart was created as a guideline and is not personalized. Please consult an expert as you fill it out.

We suggest you get a check-up to verify that you are fit to perform physical activity.

Warning: if you experience any sensations not commonly associated with physical fatigue, we suggest immediately suspending any motor activity.