



THE LADY SPARTACUS WORKOUT

with Estella Hom

To all the Lady Spartacus Warriors out there: Here is a high intensity interval training workout designed to burn fat, work your entire body, and get you in shape using the weight of your own body as resistance. Whether you are at home, in the park, or in the backyard, this workout can be done anywhere.

This workout combines elements of cardio with a variety of simple calisthenic movements to increase body strength and flexibility, and the explosive movements of plyometrics to develop muscular power, speed, agility, and improve athletic performance.

VIDEO DEMONSTRATION

The workout (condensed version)

<http://www.youtube.com/watch?v=k0B5sPONGPQ>

The full workout - part 1

<http://www.youtube.com/watch?v=l13WoFgdi3Y>

The full workout - part 2

<http://www.youtube.com/watch?v=aAQUIhPiEt0>

DIRECTIONS

DO THIS CIRCUIT 3 DAYS/WEEK – MONDAY, WEDNESDAY, FRIDAY

(You can alter the days; be sure to get at least one day of rest between workouts)

Perform 1 set of each exercise in succession. Each exercise lasts 60 seconds. Do as many reps as you can, with perfect form, in that time, and then move on to the next exercise. Take a 15 second rest and move to next exercise within that time, and rest for 2 minutes after you've completed 1 circuit of all 10 exercises. Then repeat the entire circuit 2 more times.

If you can't go the entire minute, rest a few seconds and then resume until your time at that exercise time is up. The workout takes 41 minutes to complete.

Warm up and stretch after your workout

Do your best to complete all exercises and **DO NOT GIVE UP!**

GET IT DONE!

THE LADY SPARTACUS BODYWEIGHT WORKOUT

THE WORKOUT:

10 exercises, 3 rounds:

- MOVE for 60 seconds
- REST for 15 seconds between moves
- REST 2 minutes between rounds

Total Workout time: 41 minutes

THE MOVES:

1. Oblique Knee Lift Crunch
2. Sumo Jumping Jacks
3. Hurdle Jumps
4. Deep Squat High Kicks
5. Lizard Crawls
6. Log Jumps
7. Alternating Leg Raises
8. Wide Leg Side Punches
9. Side Plank Leg Raise
10. Double Side Step Floor Touch

EXERCISE DESCRIPTIONS

1. Oblique Knee Lift Crunch

Begin by bringing both hands in front of you, into a guard position, keeping shoulders relaxed. Twisting at the hips, lift the left foot off the ground, crunch the right elbow to left knee. Lower the left leg and lift the right leg as you crunch the left elbow to right knee. Lower the right leg and repeat. Works: side abs, legs, glutes,

2. Sumo Jumping Jacks

Start by standing with your feet shoulder width apart and arms by your sides. Bend slightly at the knees and as you straighten your legs, jump and bring both legs together and arms overhead. Once your feet touch the ground, jump up again, bringing your feet wider than shoulder width apart and arms out to the side. As you land, come into a squat, hold for a second then repeat. Works: shoulders, back, thighs, calves, and glutes, gets the heart rate up

3. Hurdle Jumps

Alternate between running on the spot for 5 seconds and jumping. As you jump, bring your arms out to the side and get both feet off the ground as if you are jumping over a hurdle. When jumping, alternate between leading with the right and left leg.

4. Deep Squat High Kicks

Begin by bringing both hands in front of you, into a guard position, keeping shoulders relaxed and legs shoulder width apart, squat down as deep as you can. As you stand up, breathe out and do a forward kick with your left leg. Repeat the squat and kick with your right leg. Be sure to keep the weight in the heels. Works: legs, quads, glutes, back, abs

5. Lizard Crawls

Getting into a plank position - facing down with feet together and resting the forearms on the ground, shoulder width apart. With the back flat and body forming a straight line, bring your right knee out to the side of your body, bringing it toward your right elbow. Repeat the move with the left leg and alternate between the 2 sides. Keep your abs contracted and knees off the ground throughout the set. Works: ab & back endurance, side abs, glutes, legs, shoulders, stabilizer muscles

6. Log Jumps

Imagine that you have a log next to you and that you are jumping over it. Leading with the right leg, jump to the right, getting as high off the ground as possible. Once you land, push off with the right leg and jump onto the left foot. Repeat the movement, going side to side. Make sure the arms follow the motion. Helps develop explosive speed, agility, firms the butt, quads, legs.

7. Alternating Leg Raises

Getting into a plank position, facing down with feet together and resting the forearms on the ground, shoulder width apart. With the back flat and body forming a straight line, lift your right leg up as high as you can, squeezing the glutes as you get to the top. Lower and repeat with the left leg. Works: ab & back endurance, glutes, legs, shoulders, stabilizer muscles

8. Wide Leg Side Punches

Standing with your feet wider than your shoulders and arms up in front of you in a guard position, bend your knees slightly, sitting down into your hips to engage your abdominals. Twist your upper body to your left and punch your right arm straight from the shoulder. Rotate your arm as you punch so that your palm winds up facing downward, and punch straight out from your chest. When you have reached a fully extended position, reverse the movement and bring your right arm back to the starting position, and then, without pausing, turn your upper body to your right, and punch your left arm straight from the shoulder. Alternate punches, going only as fast as you can while being able to completely control the movement
Works: shoulders, quads, calves,

9. Side Plank Leg Raise

Assume a side plank position – facing forward with your right hand on the ground and legs stacked on top of one another. Using core strength to hold the position, lift your right leg and right arm until they touch in mid air. Reverse the motion and repeat for 30 seconds then switch to the left side. Works: core stabilizer muscles, back, shoulders, legs, side abs

- NOTE: If you need to you can start the week off by doing this exercise on your forearms

10. Double Side Step Floor Touch

Take 2 side steps to the right, touch the ground with your hand and reverse the motion by taking 2 side steps to the left and touching the ground. Stay low and move quick. Helps develop speed and agility.

ABOUT ESTELLA



Estella Hom is a Toronto-based graphic designer, athlete, and kettlebell fitness instructor. Over the last few years, design and fitness have become her two passions. After 4 years of crunching designs in front of a computer, all nighters, and very poor eating habits, she earned her Bachelor of Design Degree from York University/Sheridan College and was fat. Unhappy her physical state, she knew some major changes had to be made. By working out, training with kettlebells and embracing a healthier lifestyle, she underwent a complete body transformation, losing a total of 45lbs and going down 7 dress sizes. Since then, she has been a boot camp instructor for both the Sgt Shanahan Boot Camp and Funk Roberts Fitness Boot Camp, attended kettlebell training workshops around the world, and has been featured on the KettleWorx infomercial. In 2008 she broke her collarbone in a cycling accident. Determined to get back into doing sports, she opted to get surgery, rocked the physio, came back stronger than ever, and won a gold medal at the Arnold Sports Festival Kettlebell Championships in March 2010 for 12kg Long Cycle in the 68kg weight class. Estella currently works as a freelance designer, is an advocate of injury prevention, functional training methods, and believes that it is possible for everyone to live an athletic, balanced lifestyle.

The journey is a constant pursuit.

Failure is not an option.

Do what you got to do.

Always strive for excellence and settle for the best.

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