Spartan Workout

This workout is an adaptation of the workout use by the actors in the movie 300 to get lean and fit. Do not attempt this workout if you haven’t been exercising because it’s intense. But you will get fitter, leaner, and stronger. As they say in the movie, aaah-oooh!

A heavy weight is the most weight you can use to complete the number of reps assigned. For novices, that could be 5 pounds; for experienced weight lifters, that could be 40 pounds or higher. Start lower rather than higher. Exercise tubes can be used for exercises requiring weights, and don’t work your upper and lower body the same day.

The objective is to reach the number of repetitions no matter how long it takes. If you get tired during any exercise, rest for 5 to 10 seconds, and then begin again where you left off. This is especially true for push-ups, pikes, leg lifts, floor sweepers, and bicycles. You’ll progress quickly. Push yourself, but be smart about it—if you’re in too much pain to exercise, you’re going nowhere. You’ll be hitting every rep before you know it!

Exercises Explained

Clean and Press
Take weight from floor to shoulder, then overhead to full extension.

Inverted Butterfly
Legs should be put into a wide squatty stance, bent at waist so chest is parallel to the floor, arms extended to floor with dumbbells, move weights up and out like a butterfly motion.

Floor Sweepers
They’re an abdominal and upper body strengthening exercise. Lie on your back with your legs outstretched on the floor. You can use a barbell or dumbbells or any weight you can sustain with your arms in a locked out bench press position. Once you lift the weight to bench press position, contract your abs, and bring your legs to the left of the weights, return to touch the floor, then bring them to the right of the weights and return to the floor. That constitutes 1 rep.

Bicycles for Abs
Lying flat on floor with arms flexed behind the head, lift your right elbow to touch your left knee, then rotate to touch your left elbow to your right knee. The legs move out and back in a way that mimics riding a bicycle.

Curl-ups (Modified sit-ups)
Lying flat on your back with knees extended or bent, raise up until the shoulders come off the floor, return to beginning position.

Pikes
Lie on your back with your legs outstretched on the floor. This time, extend your arms above your head. Simultaneously, bring your arms and legs off the floor until you can touch your arms to your legs—a Pike position like a diver would use. Return to the floor. That's one rep.
Spartan Workout

Strength Training – Upper Body – Once a Week

- Push-ups – 50
- Lateral Raises – light weight – 25 reps
- Alternating Curls – heavy dumbbells – 50 (25 each arm)
- Butterflies (on bench or exercise ball) – light dumbbells – 25 reps
- Inverted Butterfly – heavy dumbbells – 25 reps
- Floor Sweepers – heavy dumbbells – 50 reps
- Push-ups – another 50
- Clean and Press – heavy dumbbell – 50 (25 each arm)
- Front Raises – light weight – 25 reps

Strength Training – Lower Body – Once a Week

- Push-ups – 50
- Lateral Raises – light weight – 25 reps
- Squats – heavy dumbbells – 50 reps
- Clean and Press – heavy dumbbell – 50 (25 each arm)
- Lunges – heavy dumbbells – 50 reps
- Floor Sweepers – heavy dumbbells – 50 reps
- Push-ups – another 50
- Front Raises from a Squat – 25 reps

Core Training –
After or During the Workout After the Floor Sweepers

- Curl-ups – bent knee – 50
- Leg Lifts – 50
- Side Curls – 50 (25 each side)
- Pikes – 50
- Bicycles – 50
- Curl-ups – straight leg – 50
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