

**Instructions:**

Do as many reps as you can in 60 seconds. Then move on to the next exercise. Perform each exercise in succession. Rest 15-20 secs in between exercises, but 2 minutes after the last exercise. Complete 3 rounds.

**Instrucciones:**

Realiza el circuito de entrenamiento por intervalos.

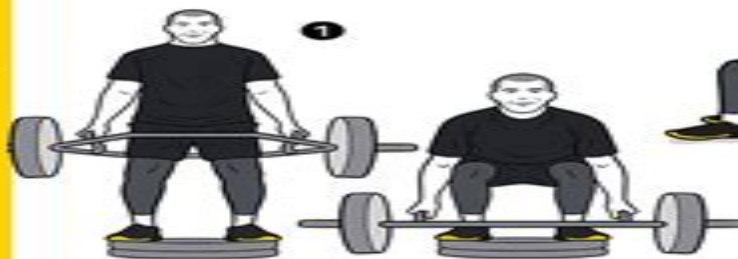
Tiempo de trabajo 60 segundos, tiempo de descanso 15-20 segundos.

Completa 3 rondas con 2 minutos de descanso entre rondas.

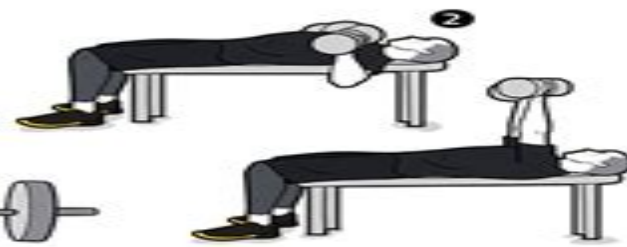
**Istruzioni:**

Fai quante più ripetizioni possibili in 60 secondi. Poi passa al prossimo esercizio. Esegui ogni esercizio in successione. Riposa 15-20 secondi tra un esercizio e l'altro, ma 2 minuti dopo l'ultimo esercizio. Completa 3 giri.

Spartacus workout



Hexbar Squats
60 seconds



Flat DB Press
60 seconds



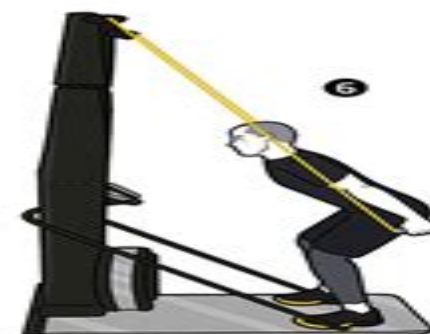
DB Snatches
60 secs/side



Bench Supported Rows
60 seconds



Split Stance Squats
60 secs/side



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60 secs

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