**THE SPARTACUS WORKOUT**

**BURN FAT FASTER THAN EVER**

Stop wasting your gym time and lose your gut for good.

**STATION 1**

**Goblet squat**

- With both hands, grab one end of a dumbbell while standing with your feet slightly beyond shoulder width [A]. Keeping your back straight, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor [B]. Pause, and push yourself up to the starting position. If that’s too hard, do a body-weight squat instead.

**STATION 2**

**Mountain climber**

- Assume a push-up position with your arms completely straight. Your body should form a straight line from your head to your ankles [A]. Without altering your lower-body position, change your right foot off the floor and quickly move your right knee toward your chest [B]. Return to the starting position, and repeat with your left leg. Alternate back and forth for the duration of the set.

**STATION 3**

**Single-arm dumbbell swing**

- Hold a dumbbell in one hand at arm’s length in front of your waist. Without rounding your lower back, bend your hips and swing the dumbbell between your legs [A]. Keeping your arm straight, lower your hip forward and swing the dumbbell to shoulder level as you assume a standing position [B]. Swing the weight back and forth. As the 30-second mark, switch arms.

**STATION 4**

**T-pushup**

- Grasping a pair of dumbbells, assume a push-up position, your arms straight [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. As you push yourself back up, lift your right hand and raise the right side of your body off the floor as you raise the dumbbell straight up over your shoulder and until your body forms a T [C]. Reverse the move and repeat, this time raising your left side.

**STATION 5**

**5-skip jump**

- Stand in a staggered stance with your feet 2 to 3 feet apart, your right foot in front of your left. Keeping your torso upright, bend your legs and lower your body into a skip (A). Now jump with enough force to propel both feet off the floor (B). While in the air, raise your knees and kick your legs so you land with your left leg back and right forward, alternating your forward leg for the duration of the set.

**STATION 6**

**Dumbbell row**

- Grasping a pair of dumbbells, bend at your hips (don’t round your lower back), and lower your torso until it’s nearly parallel to the floor. Let the dumbbells hang at arm’s length [A]. Without moving your torso, row the weight back and forth by raising your upper arms, bending your elbows, and lowering your shoulder blades together [B]. Pause, lower the dumbbells, and repeat.

**STATION 7**

**Dumbbell side lunges and touch**

- Hold a pair of dumbbells at arm’s length on your sides [A]. Take a big step to your left and lower your body by pushing your hips backward and bending your left knee. As you lower your body, bend forward at your hips and touch the dumbbell to the floor (B). Repeat for 30 seconds, and then switch to your right leg. If the exercise is too hard, do the move without the dumbbell, just touch for the floor with your hands.

**STATION 8**

**Pushup-position row**

- Grasping a pair of dumbbells and assume a pushup position, your arms straight [A]. Keeping your core tight, row the dumbbell in your right hand to the side of your chest, bending your arm as you pull it to your ribcage [B]. Pause, and then quickly lower the dumbbell. Repeat with your left arm.

**STATION 9**

**Dumbbell lunges and rotation**

- Grab a dumbbell, and hold it horizontally by its ends, just under your armpits. Step forward with your right foot and lower your body into a lunge. As you lower, rotate your upper body to the right [A]. Return to the starting position, and repeat with your left leg. Alternate left and right until your 30-second mark. If you’re unable to maintain proper form, perform the movement without the dumbbell.

**STATION 10**

**Dumbbell push press**

- Grasping a pair of dumbbells just outside your shoulders, with your arms bent and palms facing each other. Stand with your feet shoulder-width apart and knees slightly bent [A]. Open your knees [B], and then explosively push up with your legs as you press the weights straight over your shoulders [C]. Lower the dumbbells back to the starting position and repeat.

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**BY THE NUMBERS**

- **41** exercises accumulate.
- **731** calories burned.
- **25** minutes for the average guy:
  - 20 minutes on the treadmill
  - 5 minutes of strength training
- **100** sit-ups for a six-pack.
- **40 push-ups**.
- **50 lunges**.
- **30 mountain climbers**.

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To create the Spartacus Workout, we chose 10 exercises that collectively work every part of your body. Then we made each exercise 30-second duration so you can challenge your heart rate and burn calories in record time. The final product is a high-intensity circuit designed to burn fat, define your chest, abs, arms, and legs, and build your fitness level overall. You’ll sweat, sweat, sweat, and lose weight—swoosh! in the best shaped of your life.

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**DIRECTIONS**

- Do each circuit 3 days a week. Per form 1 set of each exercise for “30-seconds” of continuous workout. Each station lasts 180 seconds. Do not exceed one set per position (with per set form) in that time, and ensure to breathe properly. Rest for 5 minutes between stations, and rest for 2 minutes after you’ve completed 3 rounds of all 10 exercises. Then repeat twice. If you can’t do the entire minute, rest for a few seconds and then resume until you’ve completed one set of all 10 stations. Remember, the key is to get as many as you can in the time of one set.

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**WIN a code on TV**

To download the entire exercise, and to find out more about the Spartacus Workout and the storage solution of choice, tune in to Men’s Health on the Discovery World Network, Saturdays at 9:30 p.m. (ET), 6:30 p.m. (PT), and 3:30 p.m. (MT). And be sure to keep your eyes peeled for more big gear, like the latest in fitness tech, and get a chance to win the big prize of the month!