



ADVOCARE SPARTA CHALLENGE

This program was designed to increase muscle, strip body fat, and get you chiseled, while giving you added strength in the process!

You will have more success if you train with a team of people and are able to Watch and perfect each other's form with these exercises

"OPEN SPARTA WORKOUTS"

This is the time to come together as a Team Unit!
Get to know everyone in the program so we magnify "community" and "personal relationships"
Open Sparta workouts could include "mini" 300 Workouts so that you get familiar with the moves you will be tested on at the end...

Focus on your eating during the next 60 DAY's and commit to the plan

Drink plenty of water

Get the right amounts of sleep

Execute the workouts given to you

We believe the CHAMPION in you will rise to the Challenge

SPARTA details

At the beginning we will test everyone's strength to weight ratio

In 4 lifts: Bench, Squat, Dead Lift, Pull-Ups

The first weeks are designed to give you a strong base

The middle is designed to work distinct muscle groups

The last part is designed to fill out any gaps and strengthen base

At the End we will RE-test to determine the increase in each person(s) strength to weight ratio

Final Pictures, Weight, and Analysis will be taken after this last workout

We will schedule time within 3 days to Conquer the "300 Workout"

SPARTAN NUTRITION

DEPENDING ON THE PRODUCTS YOU PURCHASED FOR YOUR REGIMEN
FOLLOW THE TIMED GUIDELINES BELOW

FUEL UP PREWORKOUT	KEEP UP DURING WO	RECOVERY	BUILD UP
<u>Muscle strength</u> -60min pre <u>O2 Gold</u> -60min pre <u>Arginine Extreme</u> - 30min pre <u>Muscle Fuel</u> – 15-30min pre <u>Catalyst</u> -5-10min pre <u>Spark or slam</u> - Pre workout Or anytime of day.	<u>Rehydrate</u> – During OR	<u>Post recovery Shake</u> <u>Catalyst</u> Both immed. Post wo <u>Nighttime Recovery</u> – At Bedtime	<u>Muscle Gain</u> – as needed <u>Catalyst</u> – between meals

Core Nutrition for All!! – You must fill in Nutritional Gaps and provide your body highly bio available levels of vitamins, minerals, amino acids and antioxidants.

This will replace what is used from the high demands put on your body!

REQUIRED:

CORE PLEX – 2 AM AND 2 PM

OMEGA PLEX – 3 AM AND 3 PM

CALCIUM PLUS – 2 AM AND 2 PM

ADVOCARE SPARTA CHALLENGE

PARTICIPANT NAME: _____

PHONE: _____

EMAIL: _____

	Start date	Finish date
Weight		
Body fat%		
Arms	Right Left	Right Left
Chest		
Waist		
Thigh	Right Left	Right Left
Visible Abs	None 2 4 6 8	None 2 4 6 8

My goal to achieve in Sparta is:

BENCH PRESS Start Weight _____ # of reps _____

BENCH PRESS End Weight _____ # of reps _____

@ 125% of BW for max repetitions (if someone weighs 200 lbs. they would use 250 as their analysis weight)

SQUAT Start Weight _____ # of reps _____

SQUAT End Weight _____ # of reps _____

Squat to parallel @ 150% of BW for max repetitions

Dead Lift Start Weight _____ # of reps _____

Dead Lift End Weight _____ # of reps _____

Dead Lift @ 150% of BW for max repetitions

Pull-ups Start Weight _____ # of reps _____

Pull-ups End Weight _____ # of reps _____

Overhand Pull-ups for max repetitions

THE SCHEDULE AND TRAINING PROGRESSION

This program was designed to help a moderately conditioned individual to work up to the level of excellence required to accomplish the 300 workout. It follows a logical progression to increase muscle, strip body fat, and get you chiseled, while giving you added strength in the process!

If the workout parameters do not fit your needs, simply change them.

You will have more success if you train with a team of several people and are able to watch and perfect each other's form with these exercises

You can workout on your own or with others. We recommend a day and time each week for an "OPEN SPARTA WORKOUT". This is the time to come together as a Team Unit! Get to know everyone in the program so we magnify our Spartan community and personal relationships.

OPEN SPARTA Workouts could include "mini" 300 Workouts so that participants get familiar with the moves they will be tested on a build confidence in themselves... Plus it's just FUN. This is also a great time to make-up a workout you might have missed during the week.

Focus on your eating during the next 60 DAY's and commit to the plan

- Drink plenty of water
- Get the right amounts of sleep
- Execute the workouts given to you
- We believe the CHAMPION in you will rise to the Challenge!

Week 1 of 8

90 second rest periods between sets.

Longer periods can be taken between exercises.

1st Workout

- ___ **Conditioning: Warm-Up 1 mile jog**
- ___ Squats to parallel 3x12
- ___ Dumbbell lunges 3x20
- ___ Dead Lift 3x12
- ___ vertical leg curl 3x12
- ___ Standing Calf Raises (weighted) 3x15
- ___ Crunches-2 Second Pause at top 3x20
- ___ 5 minutes STRETCH

2nd Workout

- ___ **8-10 min warm-up on bike or elliptical**
- ___ Barbell Bench press 3x12
- ___ T-Bar Row 3x12
- ___ Incline Hammer Strength/Machine Press 2x12
- ___ Wide Grip Lat Pulldown 2x12
- ___ Pec Deck 3x12
- ___ Seated Cable Row-Close Grip 2x12
- ___ Underhand Cable Tricep Pressdown 2x12
- ___ Pushups 2x to Failure

3rd Workout **CARDIO WARRIOR**

- ___ **warm up jog 3 minutes**
- ___ **5x 30 second Sprints pace between 7 to 11**
- ___ **2x 1 minute Sprints pace between 6 to 10**
- ___ **1x 2 minute Sprint pace between 6 to 8.5**
- ___ **2x20 Box Jumps**
- ___ **1.5 mile jog**
- ___ **push up walk speed.5/incline 15 3x25**
- ___ **5-10 minute STRETCH**

4th Workout

- ___ **8-10 min warm up on bike or elliptical**
- ___ Deadlift 3x10
- ___ Leg Press 3x12
- ___ One legged lunges 3x15
- ___ Prone hamstring curls 3x15
- ___ Seated Calf Raise 3x15
- ___ Alternating Crunches 3x24(12 on each side)
- ___ Leg extension 3x15

5th Workout

- ___ **Conditioning: Warm-Up 1 mile jog**
- ___ Barbell Curls 3x12
- ___ Close Grip Bench Press 3x12
- ___ Bent over barbell underhand row 3x12
- ___ Incline Dumbbell fly 3x12
- ___ Alternating Dumbbell Hammer Curls 2x15
- ___ Skull Crushers 2x15
- ___ Preacher curls- 3x12
- ___ 10 minutes ABS
- ___ 10 minutes STRETCH



SPARTAN PACKAGES

- You pay retail or get a discount if you set up a wholesale account for \$79

Cleanse & Rocket Fuel!

CLEANSE	1 box	31.50
SPARK	14	22.95
CATALYST	1 bottle	31.50
MEAL REP. SHAKES	14	39.95
MUSCLE GAIN BOX	10	33.95
MUSCLE FUEL	40	167.80
CORE PLEX	2 bottle	83.00
OMEGA PLEX	4 bottle	79.80
CALCIUM PLUS	2 bottle	45.00

Retail Total \$535.45

Discount @ 25% with Wholesale Membership (\$79)

You only Pay \$401.58

\$6.37 PER DAY!!



Lean Spartan Weight Loss

CLEANSE	1 box	31.50
SPARK	14	22.95
CATALYST	bottle	31.50
MEAL REP. SHAKES	14	39.95
MUSCLE GAIN BOX	10	33.95
MUSCLE FUEL	40	167.80
MNS KIT	56 Days	411.80

Retail Total \$739.45

Discount @ 25% with Wholesale Membership (\$79)

You only Pay \$554.59

\$8.80 PER DAY!!



Spartan keep up & Recover strong

CLEANSE	1 box	31.50
SPARK	1 box	22.95
CATALYST	4 bottle	126.00
MEAL REP. SHAKES	14	39.95
MUSCLE GAIN BOX	10	33.95
MUSCLE FUEL	40	167.80
POST RECOVER SHAKE	50	151.90
NIGHTTIME RECOVER	2 bottle	45.00
SPARK	1 can	51.95
CORE PLEX	2 bottle	83.00
OMEGA PLEX	4 bottle	79.80
CALCIUM PLUS	2 bottle	45.00

Retail Total \$878.80

Discount @ 25% with Wholesale Membership (\$79)

You only Pay \$659.10

\$10.46 PER DAY!!



SPARTA WARRIOR BUILD UP

CLEANSE	1 box	31.50
SPARK	14	22.95
CATALYST	3 bottle	31.50
MEAL REP. SHAKES	14	94.50
MUSCLE FUEL	40	167.80
MUSCLE GAIN	3 cans	215.85
ARGENINE	1 can	61.95
NIGHTTIME RECOVERY	2 bottle	45.00
SPARK	1 can	51.95
CORE PLEX	2 bottle	83.00
OMEGA PLEX	4 bottle	79.80
CALCIUM PLUS	2 bottle	45.00

Retail Total \$930.80

Discount @ 25% with Wholesale Membership (\$79)

You only Pay \$698.10

\$11.08 PER DAY!!



FULL NAME

PHONE #

EMAIL

BILLING ADDRESS
county:

SHIPPING ADDRESS same ()

CARD#

EXP DATE

BIRTH DATE

SS# (for referral income)

