



THE LADY SPARTACUS WORKOUT *with Estella Hom*

To all the Lady Spartacus Warriors on the Funk Roberts 4 Week Spartacus Workout Challenge: Here is a high intensity interval training workout designed to burn the fat, work your entire body and tighten up those trouble spots. All you need is 1 kettlebell. You will be feeling the effects of this workout in your arms, abs, glutes, and legs the next day!

DIRECTIONS

Do this circuit 3 days a week. Monday-Wednesday-Friday

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. Use a weight that's challenging for 15 to 20 reps. The workout takes 41 minutes to complete.

Warm up before and stretch after your workout. Complete all exercises and DO NOT GIVE UP!

FAILURE IS NOT AN OPTION. DO WHAT YOU GOT TO DO.

VIDEO DEMONSTRATION

The workout (condensed version)

<http://www.youtube.com/watch?v=NaZpg-mE0TQ>

The full workout - part 1

<http://www.youtube.com/watch?v=xgPZCy1WzVI>

The full workout - part 2

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



THE LADY SPARTACUS WORKOUT

PERFORM WORKOUT 3 DAYS – MONDAY, WEDNESDAY, FRIDAY

(You can alter days; ensure you get one day to rest between workouts)

3 Rounds of 10 Exercise Circuit

Perform each exercise for 60 seconds of work followed by 15 seconds of rest

Total Workout time 41 minutes

1. Speed Skaters
2. Alternating Kettlebell Swings
3. Mountain Climbers
4. Alternating Presses
5. One Arm Rows
6. Forward Lunge + Pass
7. 1 Arm Overhead Squat
8. Side Plank Reach Unders
9. Alternating Windmill
10. Meet the Queens





Hi, my name's Estella Hom. I'm a graphic designer, athlete, and kettlebell fat loss expert and Funk Roberts Bootcamp Trainer. Design and fitness are my two passions.

After 4 years of crunching designs in front of a computer, all niners, and very poor eating habits, I earned my Bachelor of Design Degree from York University/Sheridan College and was fat. All of which changed when I began working out, training with kettlebells and embracing a healthier lifestyle.

The fat literally melted off my body and I underwent a complete transformation. I lost 45lbs, 21" off my body, am down 7 dress sizes, and feel better than ever! I still design away on my computer but live a much more athletic and balanced lifestyle.

Failure is not an option. Do what you got to do.

Estella Hom

Check out Estella's cool blog

<http://blog.estellahom.com/>

<http://www.estellahom.com/>



EXERCISE DESCRIPTIONS

1. Speed Skaters

Leading with the right leg, jump to the right & bring the left foot behind right leg, arms extending out to the same side. Push off the right leg, jump onto the left foot, bringing right leg behind the left. Repeat.

- make sure the arms follow the motion
- get down low
- helps develop explosive speed, agility, firms the butt, quads, legs

2. Alternating Kettlebell Swings

Start with the kettlebell (kb) between your legs. With a slight bend in the knees, pick up & swing the kb between your legs, using your hips (not arms) to thrust the kb straight out in front, shoulders relaxed.

Reverse the motion, swing back between legs & repeat.

- Contract your midsection and glutes at the top of the swing
- Keep back straight (no arching), neck is neutral at all times.
- Alternate arms or switch after 30 seconds

3. Mountain Climbers

Begin with hands on floor, shoulder width apart with 1 leg tucked, one extended. As quickly as possible, 'climb' by alternating legs back & forth.

- Stay light and keep the weight in balls of your feet

4. Alternating Presses

Swing the kb between your legs, bring it to your shoulder (clean) into the rack position. Press it in a straight line overhead, bring the kb back down into the rack position, swing it between your legs then switch arms by passing the kb to the other arm at the top of the swing, clean and press the kb overhead.

- Keep weight in the heels



5. One Arm Rows

Holding a kb in your left hand, take a staggered stance – right foot pointing fwd, knee slightly bent, left foot extended behind. Hand on the hip, pull kb up towards your stomach, contracting your lat muscle. Lower & repeat.

- Keep back flat at all times
- Knee in front should never extend beyond the toes.
- switch sides after 30 seconds

6. Forward Lunge + Pass

Holding a kb in your right hand and standing with legs hip width apart, step forward with your left leg, drop your hips down as you lower your right knee, pass the kb between your front leg. Keep the weight in the front foot heel. Left leg steps back into starting position. Repeat move with right leg.

7. 1 Arm Overhead Squat

Swing and clean the kettlebell to your shoulder into the rack position. Bend your knees slightly and press it overhead. Stabilizing the weight overhead and looking at the bell, squat as low as possible and come back up to standing.

- weight remains in the heel throughout
- switch sides after 30 seconds
- alternate move: perform the squats with the kettlebell in the rack position

8. Side Plank Reach Unders

Assume a plank position – arms shoulder width apart, legs together. Reach your right arm straight up towards the ceiling while the left arm stays on the floor. Twist your body so your right arm reaches between and under your body. Bring your right arm back to the floor in a plank position. Switch sides, lifting the left arm off the floor and alternate between the 2 sides.

- Keep hips off the floor at all times. Breathe
- NOTE: If you need to you can start the week off by doing this exercise on your forearms



9. Alternating Windmill - swing/clean/windmill

Favourite move for obliques, increasing flexibility, balance & core strength

Clean and press kb overhead with one arm. Keeping arm locked out at all times, push hips out in direction of locked out kb. Turn your feet out at 45° angle from the arm with the locked out kettlebell. Lower yourself until other hand touches ground. Pause. Reverse motion back to starting position.

10. Meet the Queens

Holding the kb chest height in a bottoms up position (hands on either side of handle), left leg comes behind the right leg, squat down, come up back to centre then repeat movement with right side - right leg goes behind left leg, squat down, come back up to centre.

- fantastic for firming/toning thighs, side of the butt, ad/abductors
- good posture, belly button in, shoulders back, look fwd make sure u breathe,
- when squatting, knee should be behind your heel
- get down as low as possible



5 TIPS TO RISE ABOVE THE PLATEAU

by Estella Hom



Kettlebell training is an incredible way to burn fat, build lean muscle, and increase your overall strength and fitness levels. Studies have shown that 20 minutes of kettlebell training will burn more fat and calories than 1 hour of steady cardio.

Through personal experience and that of others I've worked with, it is a proven way to help you get you the body you want, and fast!

But what do you do when you stop seeing results? I'm sure we've all had a point where the dreaded plateau strikes. I have received numerous emails asking for advice on this, so here goes:

Workout plateaus often occur when your body has gotten used to the workouts and is ready for something more challenging and engaging. The key is to make sure you are not doing the same thing every time you're working out. What got you to your current state will not necessarily work to progress you further.



When you first began kettlebell training, your body was thinking: 'ok, how can we make this easier?' Once it adapts and becomes efficient at performing all the moves and workouts, it no longer has a need to work as hard. Having said that, if your body is constantly being challenged, it will be forced to adapt, and therefore bring you to new levels of fitness. Here are my top 5 tips on breaking out of it:

1. Take an active break - Not seeing results can also be a sign that you've been working out too much for your body to take in the benefits of your workouts. By taking a week off working out, this will allow your body to rejuvenate and come back stronger once you're back at it.

2. Switch it up - Try varying your kettlebell workouts by doing things like adding more reps, decreasing the rest time between sets, different moves, and/or adding a new activity/sport to your workout schedule. If you haven't noticed already, you'll be surprised at how well the benefits of kettlebell training transfers over to sports, martial arts, and everyday life activities.

3. Vary the intensity - This is a good way of challenging yourself. Try varying the intensity of your workouts each day, whether it is low, medium, or high intensity. Interval training within a workout session is also beneficial. For example if you're cycling, try alternating between high intensity for 8 seconds and moderate intensity for 12 seconds for 20 minutes. I find this works well if you really want to work up a sweat but are short on time.

4. Food is fuel - Make sure you are eating enough to power yourself through your workouts. Eat 5 small healthy meals a day, every 3 hours along with 1-2L of water/day. This will help rev your metabolism and keep energy levels up. Each meal should consist of a healthy carb (ie: oatmeal, sweet potato, fruits, vegetables) and lean protein (ie: yogurt, cottage cheese, chicken, eggs, turkey, tofu, whey protein).

5. Get your sleep - Make sure you're getting enough sleep, as this will allow your body to rest and muscles to recover from your last workout and recharge/energize for the next.

Follow these tips and you'll be sure to progress your training further. Keep on training,

Estella Hom - *"Failure is not an option. Do what you got to do"*



Discover an exercise system that is so **EASY**, so **CONVENIENT**, so **DRAMATICALLY FAST**, it will shock you!

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