



















PREP CHECKLIST

Pick your spots

- Scenic trails: _____
- Hill, steep ascent (or stairs): _____
- Pull-up bar: _____
- Playground (monkey bars and obstacles): _____
- Yoga studio: _____
- Gym (optional): _____

Get the gear

- Running shoes (a pair you don't mind getting dirty)
- Stopwatch or timer (small and portable)
- Bucket (five-gallon plastic bucket)
- Sandbag (standard is 50 lb. for women, 70 lb. for men)
- Stone, large (standard is 80 lb. for women, 115 lb. for men)
- Stone, medium (something you can carry for a long time)
- Log, long (to use as a balance beam)
- Log, short (about 2 ft. long)
- Jump rope

Practice the movements

- Review the exercise index and try unfamiliar movements.
- Visit Spartan.com for video demos.

Make it social and commit

- Find one or more friends who will suffer with you.
- Pick an important reason why you're training.
#WhyIRace: _____
- Commit publicly by posting on social media. Tag Spartan Race with #ChallengeAccepted.

HELL NO

SO SO

AROO!

Dead Hang Test

< 30 sec.

30-60 sec.

> 90 sec.

Burpee Test

< 40 reps

40-65 reps

> 65 reps

Distance Test

< 5 km

5-7 km

> 7 km

(< 3.1 miles)

(3.1-4.3 miles)

(>4.3 miles)

HOW TO PERFORM THE EXERCISES

Below is an exercise index, followed by descriptions and photos. You can also find video demonstrations, as well as additional exercises and workouts, at Spartan.com.

Burpees

- Standard Race Burpee
- Burpee Broad Jump
- Burpee Pull-Up
- Hand-Release Burpee
- Strict Pushup Burpee

Carries and Lifts

- Stone Deadlift
- Atlas Carry
- Bucket Carry

Circles

- Ankle Circles
- Wrist Circles

Crawls

- Army Crawl
- Bear Crawl
- Reverse Bear Crawl

Dead Hangs

- Dead Hang
- Towel-over-Bar Dead Hang

Lunges

- Walking Lunge
- Sandbag Walking Lunge

Pull-Up

Pushup

Sandbags

- Sandbag Chest Throw
- Sandbag Run
- Sandbag Slam
- Sandbag Underhand Throw
- Sandbag Walking Lunge

Sit-Up

Skipping

Sprint

Squats

- Squat
- Squat Jump

Standing Broad Jump

BURPEES

Standard Race Burpee

1. Begin in a standing position. Keeping your hips high, reach down and place your hands on the ground in front of you.
2. Kick your legs straight out behind you and assume the top of a pushup position.
3. Lower your torso to the ground like a pushup and touch the ground with your chest.
4. Push off the ground.
5. Jump both feet forward between your hands, hips high.
6. Return to a standing position. jump straight up in the air, and clap your hands overhead.

Note: Race burpees should be done as fast as possible in a fluid motion. Judges will check for four points: 1) chest-to-deck during pushup, 2) full hip extension while standing, 3) feet leaving the ground, and 4) hands raised above ears during jump. To avoid injury, always maintain a neutral spine and activated core.

Burpee Broad Jump

Perform a standard race burpee, but instead of jumping straight up in the air, jump forward as far as possible.

Burpee Pull-Up

Perform a standard race burpee underneath a pull-up bar. When you jump up in the air, grab the bar (instead of clapping your hands) and use your momentum to complete a pull-up.

Hand-Release Burpee

Perform a standard race burpee, but at the bottom of the pushup release your hands from the ground and extend (*cont. on page 152*)

Standard Race Burpee



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6

them outward like airplane wings. Your weight will momentarily rest on your chest and toes. After full arm extension, return your hands to the ground beneath your shoulders, complete the pushup, and finish the burpee.

Strict Pushup Burpee

Instead of the rhythmic or fluid motion of the standard race burpee, perform a burpee with the utmost control and precision. Ensure a perfect plank is achieved and a strict pushup is executed. Absolutely no worming or flopping.

CARRIES AND LIFTS

Stone Deadlift

1. Stand over the stone with it placed between your feet.
2. Descend from the hips and knees while maintaining a tall spine and proud chest.
3. Wrap the stone in both arms, pulling it tight to your torso.
4. Stand using your hips and legs, not your back. Achieve a full upright position.
5. Using proper squat technique, gently return the stone to the ground.



Note: It's very easy to overload your spine during the pickup and put-down. Keep your core engaged and spine in the upright and neutral position at all times.

Atlas Carry

1. Perform a stone deadlift to the upright position.
2. Hold the stone tight to your torso and walk the required distance.
3. Using proper squat technique, gently return the stone to the ground.



Note: It's very easy to overload your spine during the pickup and put-down. Keep your core engaged and spine in the upright and neutral position at all times.

Bucket Carry

1. Fill a 5-gallon plastic bucket with gravel, sand, or water.
2. Stand with the bucket between your feet (similar to the stone deadlift and Atlas carry).
3. Descend from the hips and knees while maintaining a tall spine and proud chest.
4. Wrap the bucket in both arms, pulling it tight to your torso.
5. Stand using your hips and legs, not your back. Achieve a full, upright position.
6. Hold the bucket tight to your torso with your arms wrapped around it or hold the bucket from the bottom with extended arms.
7. Walk the required distance.



8. Using proper squat technique, gently return the bucket to the ground.

Note: At the race, buckets cannot be carried on the shoulders (but logs can).

CIRCLES

Ankle Circles

1. Balance on one leg.
2. Extend the opposite leg and rotate the ankle. To go beyond circles, “write” the first ten letters of the alphabet with your foot by moving your ankle.
3. Repeat for the opposite leg.

Wrist Circles

1. Place your hands in front of you with palms together, fingers interlocked, and elbows together below your wrists and hands.
2. Rotate your wrists in large circles.
3. Repeat in the opposite direction.

CRAWLS

Army Crawl

1. Lie on the ground on your stomach.
2. Support your upper torso by placing your elbows directly beneath your shoulders. Position your knees outside your hips, with the inner side of your knees on the ground. The torso, elbows, and knees should now all be in contact with the ground.

3. Crawl forward by alternating the opposing arm and leg, moving in unison.



Bear Crawl

1. Get on your hands and knees the way a baby crawls (hands beneath shoulders, knees beneath hips, and a flat spine). Then, lift your knees an inch off the ground.
2. Step forward with one arm and the opposing leg at the same time.
3. Repeat with the opposite arm and opposing leg.

Note: Maintain a long, neutral neck position throughout the movement.



Reverse Bear Crawl

Start in the same position as a bear crawl, but move backward instead of forward.

DEAD HANGS

Dead Hang

1. Hang from a pull-up bar with your feet off the floor.
2. Maintain a rigid torso, an active scapula, and tight grip. Avoid allowing the shoulders to elevate toward the ears.
3. Hold this position for the prescribed duration.

Towel-over-Bar Dead Hang

Drape an old towel over a bar and grip the towel instead of the bar during the dead hang. Works for pull-ups too.

LUNGES

Walking Lunge

1. Stand with your feet shoulder-width apart. Maintain a tall chest, eyes straight ahead.
2. Take a large, but natural, step forward with your left foot.
3. Bend both legs as you lower your right knee toward the ground as low as is comfortable, with the goal of just grazing the ground with your right knee.



4. Push with your left leg and lift your right knee, stepping forward to a standing position.
5. Repeat with the opposite leg.

Sandbag Walking Lunge

Perform a walking lunge with a sandbag on one of your shoulders. Switch the sandbag to the opposite shoulder as appropriate to work both sides equally.

PULL-UP

1. Hang from a pull-up bar with palms facing out (palms facing in is a chin-up).
2. Maintain a rigid torso, an active scapula, and tight grip. Avoid allowing the shoulders to elevate toward the ears.
3. Pull your body upward until your chin is over the bar.
4. Descend to the starting position with control.

Note: It's important to practice pull-ups, since the palms-out grip is more versatile than a chin-up in real-life situations (wall, cliff, branch).

PUSHUP

1. Assume a pushup position: rigid body parallel to the ground supported by your toes and fully extended arms, hands beneath your shoulders.
2. Lower your torso to the ground and graze it with your chest.
3. Push off the ground and back into the starting position.

Note: Maintain control and a rigid torso throughout movement. Make sure your elbows do not flare out beyond 45 degrees from your sides.

SANDBAGS

Sandbag Chest Throw

1. Stand tall holding the sandbag at chest height, arms bent with elbows by your sides.
2. Forcefully extend your arms and throw the sandbag forward.
3. Move forward and pick up the sandbag, then repeat as prescribed.



Sandbag Run

1. Stand tall with a sandbag on either shoulder or across your back.
2. Run for the prescribed time or distance, alternating shoulders as necessary.

Sandbag Slam

1. Stand tall holding the sandbag at chest height, arms bent with elbows by your sides.
2. Lift the sandbag directly overhead with arms fully extended.
3. As forcefully as possible, slam the sandbag to the ground directly in front of you, allowing yourself to descend into a slight squat as you do so.



4. Pick up the sandbag and repeat as prescribed.

Sandbag Underhand Throw

1. Stand tall with the sandbag between your feet.
2. Descend into a semi-squat (hips and knees, not back) and pick up the sandbag with both hands and arms fully extended.
3. Swing the sandbag beneath your legs once or twice, then forcefully toss it forward. Your back should remain firm and straight, and you should hinge at the waist and knees to generate power.
4. Move forward to the sandbag and repeat for the prescribed repetitions or distance.



Sandbag Walking Lunge

Perform a walking lunge with a sandbag on one of your shoulders. Switch the sandbag to the opposite shoulder as appropriate to work both sides equally.

SIT-UP

1. Lie on your back with your knees bent and feet flat on the floor.
2. Maintaining a tall chest and an upward gaze, push your feet into the floor as you “sit up” from the hips and torso.
3. Gently return to the starting position.

SKIPPING

You remember how to skip, don't you?

1. Stand tall with a rigid torso.
2. Bound forward off one foot, forcefully flexing the knee upward and ensuring the opposing arm reciprocates with a similar upward and forward motion.
3. Immediately repeat on the opposing side and continue for the prescribed distance.



SPRINT

1. Run as fast as possible maintaining a slight forward lean.
2. Alternatively, pretend a bear is chasing you and proceed accordingly.

Note: Increase your efficiency by keeping the arms bent around 90 degrees and pumping the elbows back and forward with each stride.

SQUATS

Squat

1. Stand strong with feet shoulder-width apart and turned slightly outward.
2. "Sit" back, descending the hips until the thighs are just below parallel to the ground.

3. Contract your glutes and return to the starting position.

Note: Maintain a tall chest, eyes forward, and heels on the floor throughout the squat. Do not let your knees cave inward during any part of the movement.

Squat Jump

1. Stand strong with feet shoulder-width apart and turned slightly outward.
2. Quickly descend into a quarter-squat position and forcefully project your body into a vertical jump.
3. Land softly, descending into a squat position to absorb the force.
4. Continue immediately into the next squat jump.

Note: Maintain a tall chest, eyes forward, and heels on the floor throughout the squat. Do not let your knees cave inward during any part of the movement.



STANDING BROAD JUMP

1. Stand tall, then raise your arms overhead.
2. In a fluid motion, swing your arms down and backward, hinge at the hips, and leap forward as far as possible, swinging your arms in the same direction.
3. Land softly and with control.

