



# Basic Health Info

## Spartan Workout

By Chet Zelasko, PhD

This workout is an adaptation of the workout used by the actors in the movie *300* to get lean and fit. Do not attempt this workout if you haven't been exercising because it's intense. But you will get fitter, leaner, and stronger. As they say in the movie, *aaah-oooh!*

A heavy weight is the most weight you can use to complete the number of reps assigned. For novices, that could be 5 pounds; for experienced weight lifters, that could be 40 pounds or higher. Start lower rather than higher. Exercise tubes can be used for exercises requiring weights, and don't work your upper and lower body the same day.



The objective is to reach the number of repetitions no matter how long it takes. If you get tired during any exercise, rest for 5 to 10 seconds, then begin again where you left off. This is especially true for push-ups, pikes, leg lifts, floor sweepers, and bicycles. You'll progress quickly. Push yourself, but be smart about it—if you're in too much pain to exercise, you're going nowhere. You'll be hitting every rep before you know it!

### Exercises Explained

#### Clean and Press

Take weight from floor to shoulder, then overhead to full extension.

#### Inverted Butterfly

Legs should be put into a wide squat stance, bent at waist so chest is parallel to the floor, arms extended to floor with dumbbells, move weights up and out like a butterfly motion.

#### Floor Sweepers

This is an abdominal and upper body strengthening exercise. Lie on your back with your legs outstretched on the floor. You can use a barbell or dumbbells or any weight you can sustain with your arms in a locked-out bench press position. Once you lift the weight to bench press position, contract your abs, and bring your legs to the left of the weights, return to touch the floor, then bring them to the right of the weights and return to the floor. That constitutes 1 rep.

#### Bicycles for Abs

Lying flat on floor with arms flexed behind your head, lift your right elbow to touch your left knee, then rotate to touch your left elbow to your right knee. The legs move out and back in a way that mimics riding a bicycle.

#### Curl-ups (Modified sit-ups)

Lying flat on your back with knees extended or bent, raise up until the shoulders come off the floor, return to beginning position.

#### Pikes

Lie on your back with your legs outstretched on the floor. This time, extend your arms above your head. Simultaneously, bring your arms and legs off the floor until you can touch your arms to your legs—a Pike position like a diver would use. Return to the floor. That's 1 rep.

# Spartan Workout

## Strength Training – Upper Body – Once a Week

Push-ups – 50

Lateral Raises – light weight – 25 reps

Alternating Curls – heavy dumbbells – 50 (25 each arm)

Butterflies (on bench or exercise ball) – light dumbbells – 25 reps

Inverted Butterfly – heavy dumbbells – 25 reps

Floor Sweepers – heavy dumbbells – 50 reps

Push-ups – another 50

Clean and Press – heavy dumbbell – 50 (25 each arm)

Front Raises –light weight – 25 reps

## Strength Training – Lower Body – Once a Week

Push-ups – 50

Lateral Raises – light weight – 25 reps

Squats – heavy dumbbells – 50 reps

Clean and Press – heavy dumbbell – 50 (25 each arm)

Lunges – heavy dumbbells – 50 reps

Floor Sweepers – heavy dumbbells – 50 reps

Push-ups – another 50

Front Raises from a Squat – 25 reps

## Core Training –

### After or During the Workout, After the Floor Sweepers

Curl-ups – bent knee – 50

Leg Lifts – 50

Side Curls – 50 (25 each side)

Pikes – 50

Bicycles – 50

Curl-ups – straight leg – 50

**Dr. Chet Zelasko** is dedicated to helping men and women get healthy and fit. As a health and fitness consultant with a PhD in Exercise Physiology and Health Education from Michigan State University, he provides health information based on the most recent research and delivers it in a way that's easy to understand. Whether in person during seminars, in audio recordings, or in the written word, he makes sense out of the health news people hear so they can make better health choices and achieve optimal health. He's conducted research and been published in peer-reviewed journals. He is certified by the American College of Sports Medicine as a Health and Fitness Specialist and has taught in ACSM certification workshops throughout the United States; he also belongs to the American Society of Nutrition. Although Grand Rapids, Michigan, is home, he has presented seminars on health to groups all over North America, Mexico, and the Caribbean and has written extensively on the health benefits of a good diet, regular exercise, and targeted supplementation.

The health information in this Basic Health Info is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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