Spartan Training System™ 4 Week Workout Challenge

The workout programs that will help you burn fat while you build lean muscle.

Inspired by a program created by Adam Campbell and Rachel Cosgrove

Brought to you by Funk Roberts
MEDICAL DISCLAIMER

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide. The purpose of this guide is to help healthy people gain strength and lose weight by educating them in proper exercises, weight training and nutrition while using the Funk Roberts Spartan Training System™ 4 Week Workout Challenge.

No health claims are made for this guide. The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

If you have been sedentary and are unaccustomed to vigorous exercise, you should NOT do this program and obtain your physician’s clearance before beginning any exercise program. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described herein.
The Funk Roberts
Spartan Training System™ 4 Week Workout Challenge

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You are FREE to distribute this program to any fitness fan or enthusiast who you think may be interested in stripping away fat and defining their muscle by using this proven workout program. I actually encourage it! - In order to get the full program you must email funkroberts@gmail.com.

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Web: http://www.spartacusworkoutblog.com
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Welcome to the Spartan Training System™ 4 Week Workout Challenge. I am so excited about embarking on this challenge. Oh yeah, I’m doing this challenge with you too. I put this together because I love sharing new and exciting fitness workouts with you.

One month ago Men’s Health Magazine created a Spartacus Workout that was inspired by the cast of the HBO show Spartacus and created by Adam Campbell, Men’s Health Fitness Director and Rachel Cosgrove, one of the world’s top fitness experts. I was so impressed with the workout, because it was right down my alley. Then Workout Muse, a website that creates music for Tabata and Interval Training workouts put out a contest to see who could create the best Spartacus Workout to accompany their music that they created. I entered and won honourable mention. So what did I do with that honour? I went ahead and put together three more wicked workouts and created this 4 Week Program.

THINK OF THIS PROGRAM LIKE THIS: In 4 weeks you have an exam...a positive life changing exam...4 weeks isn’t a long time to have a life changing moment. I have giving you all the answers on that exam. Everyone answer that you need, I am them giving you. All you have to do is read the rest of the e-book, follow and do the workouts as prescribed, follow the nutrition plan and supplement guide and you will not only pass the exam, you will ACE IT!

This is the type of program and nutrition that I did to get the body below in 8 weeks. It is hard work but after 2 years, I still look like this. It is easier to maintain the healthy lifestyle, once you commit to make the change. This is step one.

FUNK ROBERTS
WHAT IS THE SPARTAN TRAINING SYSTEM™ WORKOUT

The Spartan Training System™ (STS) workouts are derived from the original Spartacus Workouts which is 10 exercises that target the full body. You then perform each exercise for a 60-second interval, in order to challenge your cardio and muscles.

You will perform the Spartan Training System™ Workout as a 10 exercise circuit, doing one set of each exercise in succession. Each exercise interval is timed for 60 seconds. You will do as many reps as you can, during the interval with good form and then move on to the next exercise in the circuit. There is a 15 second break or transition time between each exercise.

After you complete all 10 exercises or one circuit rest for 2 minutes. Then repeat 1 to 2 more times. That is what is called a 60-15 Interval workout (60 seconds of work followed by 15 seconds of rest). Total workout takes 41 minutes.

If you can’t go for the entire minute on an exercise, go as long as you can, rest for a few seconds, then go again until your time at that exercise is up. This will allow you to customize the workout to your current fitness level. Also, if using weights makes some exercises too difficult, simply perform the same movement without holding the kettlebells or dumbbells.

You will do the Spartan Training System™ (STS) Workouts 3 days a week (Monday-Wednesday-Friday). You can either use the routine as your primary weight workout (I would), or if you’re already in great shape, you can use it as a “cardio” workout on the days between your regular weight workouts.

Each week you will get another workout that you will do for the 3 days of the week. Ensure that you take at least one day rest between workouts. Spartan Training System™ (STS) Workouts include kettlebells, bodyweight, plyometrics, calisthenics, core, abs and strength training that will no doubt increase your strength, muscularity, cardio and conditioning. The Program is perfect if you want to lose weight, get ripped, prepare for a mma fight, a certain sport or get into the best shape of your life.

You will never plateau with this program as you will have 10 new exercises each week. Your body will not have time to adjust. You will just keep shocking it into a shirt drenching, fat shredding, muscle building machine. When you complete the 4 weeks, take a week break and use it for another session to get you ready for summer.

At the beginning of this program, it’s going to be tough. You may not be able to get through each exercise or the workout, but NEVER QUIT or NEVER GIVE UP. It will get easier for you, but that’s because you are making yourself better, not because the workouts are easier.

Think of that: I’m going to be giving you tougher workouts and they are going to seem to be easier, because you are getting better. Remember one thing

DON’T MAKE THINGS EASIER, MAKE YOURSELF BETTER!
LADY SPARTAN WORKOUT FOR WOMEN

Estella Hom used high intensity workouts like the Spartacus Workout with kettlebells, bodyweight, plyometrics and clean eating to melt away the fat and create a fit and firm body that she maintains today.

I am so happy that we have women that are taking part in this challenge. You will also reap the rewards of the high intensity workout. Even though the workouts are the same for men and women, don’t worry; the changes you see will be different from the changes the guys will see.

Women’s bodies are different from men for instance you store fat in different places, generally the hips, legs, butt and guys store fat around the belly. That is just a general comment to show you that when you lose fat from doing the workouts and eating a clean diet, the fat will melt off those trouble spots.

Women also do not have as much testosterone as men, so after the 4 weeks you are not going to be all big and bulky, but more lean and toned with muscles. Your nutrition plan also has fewer calories than that of a male. The formula is the same all around: workout with intensity, eat clean and you will lose weight, gain muscles and be fit.

The pictures of Estella are proof in the pudding. It shows you that doing these types of workouts with proper nutrition can give you a fit body. Women’s Kettlebell Long Cycle Champion and Funk Roberts Bootcamp Trainer Estella Hom will be providing the Week 4 workout for women, so stay tuned.

Spartan Training System™ 4 Week Workout Challenge – http://www.spartacusworkout.com
TOOLS FOR SUCCESS

This section is going to be short and sweet. All you need are Kettlebells/Dumbbells, a Swiss/Stability Ball and your bodyweight. All my workouts use the kettlebell and you will get a way better result if you use the kettlebell. The dumbbell just doesn’t compare, but that being said, the dumbbell is better than not doing the program at all.

I have a partnership with the Power Systems Fitness USA and for equipment if you need stuff. If you go to a gym, you should be okay. Now on to the more important thing is the actual weight. These are suggested weights to use. **YOU DO NOT NEED ALL THE WEIGHTS**

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<th>MEN</th>
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<td>Swiss Ball</td>
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WARM-UP/STRETCHING

Before you even think about starting one of the workouts, you have to warm up. Whether it’s on a treadmill, stationary bike, skipping or my Dynamic Warm Up that I use before every workout and training session – see link, you must warm up

Download and use these Spartan Warm Ups and Stretch Routines before and after your workouts.

FUNK DYNAMIC WARM UP - http://www.youtube.com/watch?v=g04Nz18FqkA
Dynamic Warm Up Calisthenics #1 -- Follow Along - http://www.youtube.com/watch?v=g04Nz18FqkA
Dynamic Warm Up Calisthenics #2 --Follow Along http://www.youtube.com/watch?v=IIrTRi5Su8
Dynamic Warm Up Stretch Follow - Along - http://www.youtube.com/watch?v=xbOxmQri7fM
Spartan Post Workout Static Stretch Demo - http://www.youtube.com/watch?v=2wMSSupCI8

For every action there is a reaction. After each workout, you must stretch the muscles out. You should only stretch the muscle AFTER you have warmed then up. The Spartacus workouts don’t allow you to maximize your time to stretch the muscles out quickly between rounds, so stretching after the workout is key. By stretching out the muscles you will increase blood flow to the area that you worked so hard. Increased circulation brings needed ingredients.

A good daily stretching program helps to keep the body lean, the muscles limber and you off the injury shelf.
FUEL YOUR BODY WITH NUTRITION

I will provide you with a nutrition plan for this program. The plan will give you suggested meals and snacks that you can follow, or substitute using the grocery list. The list will be in Excel and is to be used as a guide to proper nutrition.

You will need to fuel your body throughout the next 4 weeks with proper nutrition to ensure you reach the ultimate goal of a more muscular body with less fat. If you ever want to see those 6 pack abs you have under the fat and the cuts in your muscles, then follow my nutrition plan and I will get you there. I also have a grocery/substitute list so that if there are thing in the plan that you do not like, just substitute it for something else.

If you are feeling weak throughout the day, especially because of the intensity of the program, then add an extra meal or snack. The important thing is to ensure that you are eating CLEAN FOODS. You will see a listing of the best foods you can eat below.

It was only when I cleaned up my nutrition (no more McDonalds, Processed Foods or Packaged Foods), added with the workouts; did the fat literally melt off my body. It was incredible!

WHAT IS NUTRITION?
By: Laura Discepola, Registered Nutritional Consulting Practitioner (RNCP/ROHP) laura@fittoeat.ca
Fit to Eat Certified Nutritionist – www.fittoeat.ca

Nutrition is about providing your body with all the essential micronutrients (minerals and vitamins), macronutrients (carbohydrates, proteins, fat), water and overall nutrients that it requires in order to properly function at the best possible level, everyday, in order to keep you healthy, happy and disease free, all whilst providing you with the energy and fuel your body needs to live and perform daily functions! Nutrition is important to sustaining life, for growth, activity and everyday normal functioning of the body, without it, we would not survive.

However, not all foods are equal and not all foods provide nutrients to your body. In fact, some actually harm your body and cause illness, disease and an overall unhealthy you!

Today, in North America, as a whole, we consume too few fruit and vegetables, too little water, too much refined white sugar and white flour, too little fibre, excessively large portions (“Would you like your meal Super-Sized?”) and too little lean, clean protein (eggs, chicken and turkey breast, fresh fish). The result? An unhealthy individual who may already have or be well in his/her way to having high cholesterol, high blood pressure, Diabetes, heart disease, and cancer just to name a few. The good news is that these illnesses can be prevented through making healthy food choices and consuming a healthy diet, having a healthy mind, participating in regular physical activity and most important, having proper knowledge.
NUTRITION TIPS

Eat and drink the following with reckless abandon:

- Spinach
- Broccoli
- Green, Red, or Yellow Pepper
- Cucumber
- Apples
- Asparagus
- Cauliflower
- Green Beans
- Kale
- Celery
- Pretty much any green leafy vegetable with the exception of iceberg lettuce
- Water

Eat 2 - 4 servings of the following throughout the day:

- Carrots
- Bananas
- Berries
- Peaches
- Plums
- Oranges
- Pretty much any fresh fruit you like

Eat one 4 - 6 ounce lean serving of the following with each meal. Preparation should be grilled, steamed, baked, or stir fried - no breaded and fried foods!:

- Turkey breast
- Chicken breast
- Steak
• Pork
• Fish
• Also consider eggs (2 or 3)

Eat one serving of the following with each snack. Truth be told, I recommend you avoid dairy during your weight loss quest, but if you feel you need it, eat it with your snacks:
• Almonds
• Walnuts
• Cashews
• Natural peanut butter (no sugar, no salt added)
• Yogurt
• Low-fat cottage cheese
• Low-fat milk

Eat these only with your meal that follows your fitness training and only in limited portion:
• Oatmeal
• Brown rice
• Legumes
• Potatoes
• Whole wheat bread
• Whole wheat pasta
• Other whole grain food items

Use the following in extremely limited portions or not at all:
• Salad dressing
• Butter
• Cheese
• Other condiments

Foods and Drinks you MUST stay away from to lose weight

• Soda (tons of sugar and lots of empty calories)
• Alcohol (empty calories and usually leads to bad food choices when drinking)
• Sugar
• Fast Food

• Creamy salad dressings (Ranch, 1000 Island, etc.)
DRINK WATER

Drink lots of water throughout the day and during each session. That also means **juice, soda, alcohol are out during the program and limit your coffee intake!**

I see a lot of people counting those drinks as part of their daily intake of water, but what they really do is increase your sugar (and calorie) consumption and **DEHYDRATE** you even more than you already are. And to be clear, dehydration does the opposite of what water does, which is hydrate your body.

Keep in mind that your body is made up of 80% water and most of the population is severely dehydrating themselves due to their westernized way of living. So, beyond the obvious reasons, you need to be drinking water all day. The more you pee the better you are.

5 WAYS TO GET MORE WATER

**Registered Nutritional Consulting Practitioner, Laura Discepola,** gives you five sure fire ways to help you get water throughout the day.

1. Get a stainless steel or glass water bottle and carry it everywhere you go.

2. Drink a 500 ml bottle (1/2 litre) immediately when you wake up. Or ladies, do so while you are drying your hair or putting on your makeup for the day.

3. Keep a full water bottle in the car and drink it to and from the office, grocery store, from picking up the kids at school or anywhere else you may be going.

4. Have a tall glass of water next to your desk or work station at all times and refills it often.

5. Make a goal to have 1.5 L before lunch, another 1.5 between lunch and dinner and then sip on water or herbal teas after dinner.
SupplementSource.ca and Funk Roberts Fitness - have teamed up to create the Spartacus Supplement Package. These are supplements that I am currently taking to help build strength, recuperate from workouts, increase my immune system and ensure that I am getting the antioxidants and vitamins my body will need during the Challenge. Funk Roberts truly endorses these products as supplements that each person should have and be taking during and after the Spartacus Challenge.

The supplements are suggested and not necessary for your success. Please consult your physician before taking any supplements.

In the quest for your goal, diet supplementation is the last of the elements that you need to add to your regimen. Multivitamins, protein, glutamine and depending on your goal a creatine are great starts.

Supplements make it much easier to get the necessary nutrients to build muscle and can even give you an advantage and enhance your training when taken right and combined with a good diet. Keep in mind to check with you physician before you take some supplements.

Because this program is pretty intense you have to make sure you are taking the right supplements to ensure your muscle and body recover, grow and rip up the way you want.

Below are the links to the Spartacus Supplement Packages – Remember these are just suggested supplements for the 4 week program to help you achieve your goals. You may be already taking some or all of these supplements. If so, just pick up the ones that you need.

I use Supplementsource.ca to get all my supplements and they deliver within days in Canada. I know that there will be a lot of you that are not based in Canada, so my advice is to purchase the supplements (other brands) at a store close to you.

Spartan Training System™ 4 Week Workout Challenge – http://www.spartacusworkout.com
For me, when I workout or train, time is of the essence. Even more, timing is extremely important. Whether it is the time between my workout sets, cardio, at bootcamp or even when I am doing rounds on the punching bag, having the Gymboss Interval Timer is the key to my success.

With the Funk Roberts SPARTACUS WORKOUTS having the Gymboss Timer will make it easy to plan the rest. Attach the timer to your pants or belt with the convenient belt-clip and set the timer to 60 seconds of work with 15 seconds of rest will be easy to time with an alarm of beep, vibrate, or both. Forget the stopwatch, clock, and other methods which demand too much of your attention, let Gymboss do the timing and you focus on the workout for the best results ever! GUARATEED!

GET YOUR GYMBOSS

LEARN MORE ABOUT GYMBOSS
http://www.youtube.com/watch?v=mou8tYD2eDw
SECRETS TO YOUR SUCCESS: SET YOUR GOALS, COMMIT, MAKE TIME, 100% EFFORT, MENTAL TOUGHNESS

SET YOUR GOALS

Setting goals is the greatest tool to help you become successful. When setting your goals be reasonable. Set goals that you can achieve. In achieving the goals you can feel triumphant, gain esteem, and even catapult you toward the next challenge. When you set your goals too high you may be defeated, feel like a failure and quit. Set yourself up to succeed.

The first and most important thing to focus on is the long-term goal, like completing the SW2 and transforming your body. What motivated you to take on this challenge and what is it exactly that you would like to see change?

Then set smaller goals to help you through the process. Make it through an exercise without stopping. Increase the amount of reps you did from the past workout. Increase your water intake. Once you have reached these goals, reward yourself and move on to the next challenge and goal.

COMMIT

Your body transformation will require you’re to commitment to preserve. Perseverance means to not let anything prevent you from realizing your goal. Your commitment will be tested from time to time. And you will come up with hundreds of excuses not to workout. Things like bad weather, car trouble, cold and flu season, felling tired, sad….you’ll have them all.

The greater the desire, the greater your ability overcome the obstacles that get in your way. WANT IT! Do whatever you can to workout. Drag yourself kicking and screaming if you have to. By doing this you are bringing yourself closer to your dreams and goals. Some advice, I put a picture of what I want to look like on my mirror and along with that I have sticky notes of my goals. Then every day I look at them and ask myself, “What can I do today, to get myself closer to that goal” You know the answer, it’s in this book.

MAKE TIME

You won’t achieve your ultimate goal after your first workout. Your transformation will take time. You must plan out an amount of time during your day, and be consistent in this time commitment. You must commit yourself to this journey and once committed stick to it. Tell a few family members and friends that you are embarking on the Spartacus Challenge, so that you can be held accountable. They can also be good support. You are investing in building yourself up physically, mentally and emotionally. You can
always regain property or lost money, but you can never regain time. Invest the time to reach your goals.

100% EFFORT

While you are investing all this time it is essential that you maximize your effort during the workouts. Whether you have just begun the process or you have been lifting weights and exercising for years, you have to give 100% effort. The workouts are no longer than 20 minutes so “LEAVING EVERYTHING ON THE FIELD, IN THE GYM OR IN THE LIVINGROOM” is a must. Perform all exercises with perfect form and high intensity. Use this time to get rid of stress or any negatively you may have.

Most people think, if they workout hard, they will always be tired and lethargic. On the contrary, the more you workout, the more energy, focus and less stress you will have. We all know that fit guy, bouncing off the walls all the time. You think he got that way from sitting on the couch watching TV or going to the gym to socialize. NO WAY!!! Work hard all the time and give 100% effort.

MENTAL TOUGHNESS

If you ever watched sports you are familiar with the term “Mental Toughness”, or you have heard an announcer refer to an athlete that has had a “Mental Lapse”. If you have played a sport, you know firsthand that the physical aspect is only half the battle. Skilled players can become superstars by improving their mental game.

I was introduced to this term as a teenager while playing on my club volleyball team. Our coach used to make us go through visualization exercises to help with our mental preparation. Little did I know, that at that time, I was setting myself up for many successes in life; not only through Professional Volleyball, but through my workouts, conducting meetings in front of 20 people in a board room, or presenting to an auditorium of 200 people. It is so important to prepare yourself mentally before going through a stressful situation. It sets you up for victory.

Mental preparation before the workouts is no exception. If I can give you a quick tip on how to improve you mental preparation before you workout.

TRY THIS MENTAL PREP EXERCISE

- Close your eyes and start to listen to your breathing.
- Breathe in deeply and then breathe out. Do this for about 20 – 30 seconds.
- Then picture a large movie screen. I’m taking IMAX baby. The screen is black at the moment, but you begin to see those lines that come up right before the film starts.
- Then picture yourself on the screen performing each exercise in the up-coming workout perfectly.
- Make sure you are doing each exercise to perfection with no problem.
- Then with your eyes closed, picture yourself five minutes after successfully completing the workout, without any problem.
- Grasp that feeling of success, jubilation and excitement.

Hold that feeling and keep it throughout your workout and watch easier the workout your about to embark on will be. It takes practice and time to harness, but it is a great skill to have and use throughout your life.
TAKE MEASUREMENTS

To start you will need to take measurements. The measurements will only require a tape measure used by tailors and a means to measure your body fat percentage. The most accurate and cost-effective means to have this measurement taken is the skin-fold calliper. You can get this done at a local gym, a certified nutritionist or even through your doctor.

Be extremely clear about where you are at this moment of your transformation. If you are honest and look at yourself at this starting point, you can set and achieve reasonable goals. Dismiss all negative thoughts during your measurements and take a note that you are about to make a change to all these measurements. Once again make the commitment to the program. They will get better.

MEASUREMENTS

Please write your “current” body-part measurements here:

(You can use a simple measuring tape)

BEFORE STATS

Waist: ____________ Hips: _____________ Right thigh: ____________ Left thigh: ____________
Right arm: _________ Left arm: _________ Bust/Chest: ____________ Neck: ________________
Bodyweight/BMI: ___________/________ Body fat %*: __________

AFTER STATS

Waist: ____________ Hips: _____________ Right thigh: ____________ Left thigh: ____________
Right arm: _________ Left arm: _________ Bust/Chest: ____________ Neck: ________________
Bodyweight/BMI: ___________/________ Body fat %*: __________

* You can use several different methods to determine your body fat percentage. The one I like best is simple body fat calipers from Accufitness.com. They are convenient, easy to use, and really quite accurate. And best of all, it takes only about five minutes—much faster than many other methods. You can use a scale with fat percentage readers or ask your doctor or a personal trainer to measure your bodyfat as well, and they may be able to help you.
TAKE PICTURES

You will have to take before and after pictures if you want to be part of the Spartacus Challenge and also see the true fruits of your labour...and I can use you as inspiration to others around the world that may have the same goals as you. A picture says a thousand words. When you take your photos, make sure that, guys, you are shirtless in shorts and ladies that you are in a bikini.

I don’t or anyone else does not need to see the pictures before you start, but keep the picture so that after the four weeks you can pull it out and say DAAAAMN I LOOK GOOD NOW!

Taking pictures of you is important.

Although you may not like what you see, I can’t understate the importance of doing this. It’s such a simple, but powerful exercise.

You should do this every 2 weeks, after each milestone. This way, you can compare your current self to your future self and really get a visual sense of the progress you have made along the way. I’ve always loved this exercise, and I’m certain you will too.

Name: _____________________________________ Today’s Date: ________________

This should be a full frontal, side and back view.

EXAMPLE

Before 205lbs after 185lbs Ripped!

Start Date May 23, 2009- July 14, 2009
TRY THIS

I want you to stand in front of the mirror and GET NAKED, that’s right, BARE NAKED and look at yourself in the mirror. Examine your body. It’s gonna be tough but look at things you love about your body and look at the things you dislike and want to change on your body.

Once you have done this, focus on the good things on your body and picture what you want the bad things to look like. Remember that picture throughout this program and remember what you want to look like. Believe it or not having that picture in your mind can help you to sculpt the body you want. THE MIND IS A POWERFUL THING!
WORDS BY FUNK

In the Old Testament there was an Israelite woman who was about to give birth. She had just heard that the Ark of the Covenant that housed God’s presence had been stolen. She was so upset about it that she named her baby boy Ichabod, which means “the glory has departed.” Notice what she did; she named her future by what was happening in her present. She could have just as easily named him “the glory will return,” but she was so focused on the negative, so caught up in where she was at that moment that she defined her future by it.

My friend, don't ever name your future by your present day circumstances. You may have had some hard times in the past, but get that "Ichabod" spirit off of you. It may look like you’re stuck in a rut and you don’t really see how you could ever rise any higher, but don’t speak defeat over your life. Instead, name your future: blessed, prosperous, successful, victorious, healthy, whole, strong, talented, creative, and wise.

WHO IS FUNK ROBERTS

I would like to tell you that I sculpted this ripped body from my many years of professional beach volleyball, working out in the gym and personal training. But it would be a BIG FAT LIE. The truth is, it wasn’t really until last year 2009, when I changed two things: 1) My workouts and 2) My nutrition.

Without getting into a long drawn out story, it was really simple. I started to pitch the boring gym workouts, chest and shoulders, back and legs, arms. etc, and move more into high intensity full body workouts using kettlebells, weights, plyometrics, calisthenics, bodyweight, core, abs and keeping my intensity high and workouts short, using as much weight as possible...Whew! High intensity training means giving you little to no rest between exercises, while lifting heavy and hard. I used to remember going to the gym, putting in a high intensity 30 minute workout and then leaving drenching, while watching a person doing yet another set of the same damn exercise I him doing when I started. WASTING TIME IN THE GYM!

As for my nutrition, once I cleaned that up and all it meant was no more McDonalds breakfast or take out, I cut out processed foods, anything packaged or in a box was ditched, no junk food no more pop or no alcohol and started eating more fruits and vegetables, lean meats, almonds, fish...GOOD QUALITY FOOD, that taste good and doesn’t leave you feeling like shit. I added protein powder and a few other supplements and BANG- BOOM- POW, my new body which to this day I still maintain.

Imagine all those years of training and in 6 Weeks of smart training, look what you get. This can be you with hard work, smart training and good nutrition.
FUNK STATS

- Former Professional Beach Volleyball Player – FIVB, AVP, Labatt’s Pro Tour
- Certified Fitness Trainer
- Certified Kettlebell Specialist – KBELL SPECIALIST
- Plyometrics Specialist - Trainer of world class athletes in jump and strength training
- Founder of Funk Roberts Fitness
- Founder of FunkMMA Training
- Co-Founder Fit Firm N Fab Fitness, Nutrition and Wellness for Women
- Amateur Muay Thai Fighter
- Canadian So Pro Beach Volleyball Chairman – 2004-Present
- Fitness Model and National TV Appearances
- Develop Funk Sports Formulas with Infinit Nutrition
- Spokesperson for Treadmill Factory
- Fitness Writer and Author
- Creator of Funk Roberts Fitness Boot Camp
- Appearance in Sgt Shanahan Boot Camp Video
- Business Executive
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FACEBOOK SPARTAN TRAINING FAN PAGE:
http://www.spartacusworkoutfan.com

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