



SPARTANLEVELFITNESS.COM

“No retreat, no surrender. That is Spartan law.”

Spartan Mass Building Program

The Spartan Mass Building Program will test your limits and crush plateaus to create the physique of a lean and shredded Spartan. All we need is your commitment and of course, No excuses! A true Spartan will find the time to knock out each of these muscle building workouts. If your goal is important to you, then you must find a way to achieve them. When you stop finding excuses you will then find results.

The Spartan Mass Building Program will last for 12 weeks. This workout is designed to increase your muscle mass as much as possible in 12 weeks. The program works each muscle group hard, once per week, using mostly heavy compound exercises. You will train four to five days a week, resting on the weekends. To get the most out of this program you need to eat like a Spartan. What does it mean to eat like a Spartan you ask? You will need to eat five big meals a day (The Spartan Feast).

We are looking for the strong few that are not afraid to challenge themselves to really see what the body can achieve. Once you begin to see gains I promise it will become an addiction.

Spartan Sport Specific Training Program

I participated in football and track & field, at both the high school and collegiate level. I understand the need for a training and conditioning program focused to an athlete's specific needs. The Spartan Sport Specific Training Program incorporates exercises geared to an athlete's sport and position improving their overall athletic development.

The Spartan Sport Specific Training Program will begin by implementing a safe, efficient, and effective full body strength training program four to five times a week. Strength training is a vital part of the program because it is a building block in increasing an athlete's performance in the field of play. Strength training increases an athlete's agility and power output for all sports. Athletes will work on all the major muscle groups, including exercises specific to strengthening the hands, calves, and the neck. Each workout will move quickly through 8-12 important and goal focused exercises.

We incorporate conditioning work into every Spartan Sport Specific Training Program because conditioning is vital to an athlete's movement and agility. The amount of conditioning will vary by sport, position and fitness of the athlete. Conditioning will be delivered in a structured manner to avoid injury and burnout due to over or under conditioning.

At Spartan Level Fitness we believe perfect practice, makes perfect play. We ask that our athletes become a student of their sport. Part of the program requires watching other athletes in similar positions on all levels to increase an athlete's understanding of their sport. We call this increasing your sport IQ, the higher your IQ, the better your performance will be.

Spartan Booty Blast Boot Camp

The Spartan Booty Blast Boot Camp focuses on burning a high amount of calories in a short period of time, and getting results quickly. Specifically targeting the butt and legs, our Spartan Booty Blast Boot Camp is designed to burn fat, tone, and shape. chest, arms and more. This program works by using the large muscles in the legs to burn off calories quickly to help you shed excess fat. Many of the moves associated with the Spartan Booty Blast Boot Camp will target your core and various upper body muscles such as shoulders, back, as well as help slim down the legs, hips and butt.



Email Us: spartanlevelfitness@gmail.com

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