

THE WARRIOR OF SPARTA

The Agoge — 5-day plan, the system that forged Greece

Mark an X on each day you complete the exercise.

DAY 1 — CHEST · THE SHIELD WALL

In the phalanx, the Spartan pushed with his shield against the enemy line, body to body. Chest, triceps and shoulder: the engine of that sustained push.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parallel bar dips	2-3 x 8-12							
Dumbbell flies	2-3 x 8-12							
Archer push-ups	2-3 x Failure							
Ab wheel	— x Failure							

DAY 2 — ABS · THE HOPLITE'S STAMINA

Holding formation, bearing the shield's weight for hours, resisting the push without yielding ground. All of it came from a core capable of not giving in.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Front plank	3 x 60s							
Side plank (each side)	3 x 30s							
Lying leg raises	3 x 12-15							
Crunches with legs elevated	3 x 15-20							
Ab wheel	3 x Failure							
Hollow hold	3 x Failure							

DAY 3 — LEGS · THE MARCH AND THE PHALANX

The hoplite covered long distances in full armour, then fought. His legs sustained the push, kept the balance and gave the power. Strength and agility in equal measure.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bulgarian split squat with dumbbells (each leg)	2-3 x 10-15							
Squats	2-3 x 15-20							
Jump lunges	3 x 20							
Glute bridge	2-3 x 15							
Calf raises	3 x 20							

DAY 4 — BACK & SHOULDERS · THE WEIGHT OF THE HOPLON

The Spartan shield weighed 7-9 kg and had to be held up throughout the battle. Back and shoulders: the hoplite's survival tool. Without them, the line broke.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bent-over lateral raises	2-3 x 8-12							
Lateral raises	2-3 x 8-12							
Wide-grip pull-ups	2-3 x 8-12							
Close-grip pull-ups	2-3 x 8-12							
Ab wheel	— x Failure							

DAY 5 — REST · DISCIPLINE IS ALSO RESTING

REST — Discipline is also resting. An exhausted body can't hold the phalanx.

DAY 6 OR 7 — ARMS · THE XIPHOS AND THE DORY

When the spears broke and the formation closed in, the Spartan drew the xiphos, the short sword of close combat. The hoplite's arm decided the outcome at the most brutal distance.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Concentration curl	2-3 x 8-12							
Hammer curl	2-3 x 8-12							
Close-grip pull-ups	2-3 x 8-12							
Overhead triceps extension	2-3 x 8-12							
Diamond push-ups	2-3 x 8-12							
Triceps kickback (with band)	2-3 x 8-12							

Tip: rest at least 48 hours between sessions for the same muscle group. Clean technique matters more than the number of reps.