

Freeletics Workouts Summary by C. D. Chester

1. **Non-Running**
 - 1.1. **Achilles (450p) – 5 ROUNDS**
 - 1.1.1. Pullups x 50
 - 1.1.2. Burpees x 100
 - 1.1.3. Squats x 150
 - 1.2. **Adonis (440p) – 4 ROUNDS**
 - 1.2.1. Burpees x 100
 - 1.2.2. Split Lunges x 100
 - 1.2.3. Crunches x 100
 - 1.3. **Agon (400p) – 4 ROUNDS**
 - 1.3.1. Push Ups x 20
 - 1.3.2. Hanging Leg Raises x 40
 - 1.3.3. Squats x 80
 - 1.4. **Aias (650p)**
 - 1.4.1. Muscle Ups x 7
 - 1.4.2. One-Arm Pushups x 14
 - 1.4.3. Strict Toes-to-Bar x 21
 - 1.5. **Amazona (400p) – 2 ROUNDS**
 - 1.5.1. Lunges x 40
 - 1.5.2. Cossack Squats x 40
 - 1.5.3. Split Lunges x 40
 - 1.5.4. Reverse Lunges x 40
 - 1.5.5. Squat Jumps x 40
 - 1.5.6. Plank Leg Lifts x 200
 - 1.6. **Aphrodite (500p) – 5 ROUNDS**
 - 1.6.1. Burpees x 110
 - 1.6.2. Squats x 110
 - 1.6.3. Sit Ups x 110
 - 1.7. **Apollon (525p) – 3 ROUNDS**
 - 1.7.1. Burpees x 60
 - 1.7.2. 400m x 3
 - 1.7.3. Squats x 60
 - 1.8. **Arachne (440p) – 4 ROUNDS**
 - 1.8.1. Spiderman Pushups x 80
 - 1.8.2. Squats x 80
 - 1.8.3. Plank Switches x 40
 - 1.9. **Ares (345p) – 5 ROUNDS**
 - 1.9.1. Pullups x 35
 - 1.9.2. Sit Ups x 35
 - 1.9.3. 40m x 10
 - 1.10. **Artemis (525p)**
 - 1.10.1. Burpees x 100
 - 1.10.2. Pullups x 50
 - 1.10.3. Push Ups x 100
 - 1.10.4. Squats x 150
 - 1.11. **Atalanta (525p) – 5 ROUNDS**
 - 1.11.1. 400m x 5
 - 1.11.2. Push Ups x 100
 - 1.11.3. Sit Ups x 100
 - 1.12. **Athena (305p) – 5 ROUNDS**
 - 1.12.1. Climbers x 75
 - 1.12.2. Sit Ups x 75
 - 1.12.3. Squats x 75
 - 1.13. **Aura (360p) – 4 ROUNDS**
 - 1.13.1. Jumping Jacks x 90
 - 1.13.2. Squats x 90
 - 1.14. **Charon (450p) – 5 ROUNDS**
 - 1.14.1. Burpees x 50
 - 1.14.2. High Knees x 100
 - 1.14.3. Push Ups x 50
 - 1.14.4. Split Lunges x 100
 - 1.15. **Chimera (540p) – 3 ROUNDS**
 - 1.15.1. Strict Pull Ups x 30
 - 1.15.2. Strict Toes-to-Bar x 45
 - 1.15.3. Push Ups x 60
 - 1.15.4. Squats x 75
 - 1.15.5. Assisted Leg Raises x 90
 - 1.15.6. Jumping Jacks x 105
 - 1.16. **Demeter (450p) – 5 ROUNDS**
 - 1.16.1. Plank Switches x 25
 - 1.16.2. Burpees x 50
 - 1.16.3. Lunges x 100
 - 1.16.4. Mountain Climbers x 150
 - 1.17. **Dione (500p) – 3 ROUNDS**
 - 1.17.1. Jumping Jacks x 450
 - 1.17.2. Burpees x 150
 - 1.17.3. Leg Raises x 150
 - 1.17.4. Sit Ups x 150
 - 1.18. **Echo (300p) – 3 ROUNDS**
 - 1.18.1. Sprawls x 90
 - 1.18.2. High Knees x 90
 - 1.19. **Elektra (600p) – 4 ROUNDS**
 - 1.19.1. Handstand Pushups x 21
 - 1.19.2. Pistol Squats x 60
 - 1.20. **Erebos (600p) – 4 ROUNDS**
 - 1.20.1. Passive Hang x 4min
 - 1.20.2. Strict Toes-to-Bar x 40
 - 1.20.3. Split Lunges x 160
 - 1.20.4. Burpees x 100
 - 1.21. **Eris (600p) – 5 ROUNDS**
 - 1.21.1. Handstand Pushups x 25
 - 1.21.2. Push Ups x 50
 - 1.21.3. Pistol Squats x 50
 - 1.22. **Hades (425p) – 3 ROUNDS**
 - 1.22.1. Burpees x 150
 - 1.22.2. Pullups x 45
 - 1.22.3. Push Ups x 45
 - 1.22.4. 40m x 6
 - 1.23. **Hekate (475p) – 5 ROUNDS**
 - 1.23.1. Clapping Push Ups x 46
 - 1.23.2. Pistol Squats x 46

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- 1.24. Helios (625p)
 - 1.24.1. Burpees x 200
 - 1.24.2. Lunges x 250
 - 1.24.3. Climbers x 300
 - 1.24.4. Sit Ups x 125
- 1.25. Herakles (390p) – 3 ROUNDS
 - 1.25.1. Commando Pull Ups x 30
 - 1.25.2. Straight Bar Dips x 30
 - 1.25.3. Push Ups x 30
- 1.26. Hermes (480p) – 4 ROUNDS
 - 1.26.1. 20m x 24
 - 1.26.2. Push Ups x 80
- 1.27. Hestia (330p) – 3 ROUNDS
 - 1.27.1. Squat Jumps x 30
 - 1.27.2. Squats x 45
 - 1.27.3. Sprawls x 45
 - 1.27.4. Push Ups x 30
- 1.28. Kadmos (400p) – 5 ROUNDS
 - 1.28.1. 20m x 10
 - 1.28.2. Burpees x 50
- 1.29. Kentauros (605p) – 6 ROUNDS
 - 1.29.1. 20m Lunge Walk x 24
 - 1.29.2. Jumps x 120
 - 1.29.3. 20m Burpee Frogs x 12
- 1.30. Kerberos (480p) – 3 ROUNDS
 - 1.30.1. Plank Hold x 6min
 - 1.30.2. Plank Switches x 60
 - 1.30.3. Squats x 60
- 1.31. Krios (375p) – 3 ROUNDS
 - 1.31.1. Pullups x 45
 - 1.31.2. Squats x 45
 - 1.31.3. Sit Ups x 45
- 1.32. Kyklops (450p)
 - 1.32.1. Jumping Jacks x 200
 - 1.32.2. High Knees x 100
 - 1.32.3. Burpees x 50
 - 1.32.4. Pushups x 40
 - 1.32.5. Squat Jumps x 30
 - 1.32.6. Strict Pull Ups x 20
 - 1.32.7. Strict Toes-to-Bar x 5
- 1.33. Mania (420p) – 3 ROUNDS
 - 1.33.1. Clapping Push Ups x 18
 - 1.33.2. Squat Jumps x 18
 - 1.33.3. Spiderman Pushups x 36
 - 1.33.4. Lunges x 36
 - 1.33.5. Push Ups x 54
 - 1.33.6. Squats x 54
- 1.34. Medusa (600p) – 10 ROUNDS
 - 1.34.1. Handstand Pushups x 30
 - 1.34.2. Squat Jumps x 60
 - 1.34.3. Push Ups x 90
- 1.35. Metis (325p) – 3 ROUNDS
 - 1.35.1. Burpees x 45
 - 1.35.2. Climbers x 45
 - 1.35.3. Jumps x 45
- 1.36. Minotauros (450p) – 5 ROUNDS
 - 1.36.1. High Knees x 100
 - 1.36.2. 20m Lunge Walk x 10
 - 1.36.3. Burpees x 100
- 1.37. Morpheus (240p) – 5 ROUNDS
 - 1.37.1. Push Ups x 34
 - 1.37.2. Lunges x 60
 - 1.37.3. Jumping Jacks x 140
- 1.38. Nemesis (270p) – 5 ROUNDS
 - 1.38.1. Crunches x 150
 - 1.38.2. Mountain Climbers x 150
- 1.39. Nyx (275p) – 3 ROUNDS
 - 1.39.1. Sit Ups x 45
 - 1.39.2. Leg Raises x 45
 - 1.39.3. Standups x 45
- 1.40. Odysseus (600p) – 10 ROUNDS
 - 1.40.1. Burpees x 50
 - 1.40.2. 20m Lunge Walk x 20
 - 1.40.3. Push Ups x 100
 - 1.40.4. 20m x 20
- 1.41. Orion (525p) – 5 ROUNDS
 - 1.41.1. Strict Pull Ups x 40
 - 1.41.2. Pistol Squats x 60
 - 1.41.3. Push Ups x 78
- 1.42. Orpheus (400p) – 4 ROUNDS
 - 1.42.1. Sprawls x 120
 - 1.42.2. Passive Hang x 2min
- 1.43. Pegasos (660p) – 3 ROUNDS
 - 1.43.1. Handstand Pushups x 21
 - 1.43.2. Strict Pull Ups x 42
 - 1.43.3. Strict Toes-to-Bar x 63
- 1.44. Persephone (310p) – 3 ROUNDS
 - 1.44.1. Lunges x 60
 - 1.44.2. Burpees x 60
 - 1.44.3. Leg Raises x 60
- 1.45. Perseus (400p) – 5 ROUNDS
 - 1.45.1. Strict Pull Ups x 25
 - 1.45.2. Mountain Climbers x 200
 - 1.45.3. Sphinx Push Ups x 25
 - 1.45.4. High Knees x 200
- 1.46. Poseidon (365p) – 4 ROUNDS
 - 1.46.1. Pullups x 50
 - 1.46.2. Push Ups x 50
- 1.47. Prometheus (370p) – 5 ROUNDS
 - 1.47.1. Climbers x 100
 - 1.47.2. Push Ups x 39
 - 1.47.3. Sit Ups x 100
 - 1.47.4. Squats x 100
 - 1.47.5. Jumping Jacks x 250

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- 1.48. Rhea (300p) – 3 ROUNDS
 - 1.48.1. High Knees x 45
 - 1.48.2. Crunches x 45
 - 1.48.3. Squats x 45
- 1.49. Selene (450p) – 5 ROUNDS
 - 1.49.1. Jumping Jacks x 250
 - 1.49.2. Crunches x 100
 - 1.49.3. Lunges x 100
 - 1.49.4. Burpees x 100
- 1.50. Skylla (400p) – 5 ROUNDS
 - 1.50.1. Pullups x 25
 - 1.50.2. Strict Toes-to-Bar x 50
 - 1.50.3. Squat Jumps x 75
- 1.51. Styx (400p) – 2 ROUNDS
 - 1.51.1. Burpees x 40
 - 1.51.2. Squats x 80
 - 1.51.3. Mountain Climbers x 120
 - 1.51.4. High Knees x 160
 - 1.51.5. Jumping Jacks x 100
- 1.52. Tantalus (600p) – 6 ROUNDS
 - 1.52.1. Chest-to-Bar Pullups x 36
 - 1.52.2. Archer Pull Ups x 36
 - 1.52.3. Strict Toes-to-Bar x 36
 - 1.52.4. Pistol Squats x 36
- 1.53. Thalassa (450p) – 3 ROUNDS
 - 1.53.1. Jumping Jacks x 300
 - 1.53.2. Burpees x 120
 - 1.53.3. Assisted Leg Raises x 75
 - 1.53.4. Crunches x 150
- 1.54. Theseus (400p) – 4 ROUNDS
 - 1.54.1. Clapping Push Ups x 20
 - 1.54.2. High Knees x 80
 - 1.54.3. Burpees x 40
 - 1.54.4. Mountain Climbers x 120
- 1.55. Typhon (420p) – 4 ROUNDS
 - 1.55.1. Squat Jumps x 80
 - 1.55.2. Pushups x 40
 - 1.55.3. High Knees x 120
 - 1.55.4. Burpees x 40
- 1.56. Venus (525p) – 4 ROUNDS
 - 1.56.1. Push Ups x 200
 - 1.56.2. Crunches x 80
 - 1.56.3. Squats x 200
- 1.57. Zeus (575p) – 4 ROUNDS
 - 1.57.1. Handstand Pushups x 40
 - 1.57.2. Pullups x 80
 - 1.57.3. Pushups x 120
 - 1.57.4. Sit Ups x 160
 - 1.57.5. Squats x 200
2. Running
 - 2.1. Seth
 - 2.1.1. 100m x 4
 - 2.1.2. 200m x 2
 - 2.2. Bastet
 - 2.2.1. 100m x 2
 - 2.2.2. 200m x 3
 - 2.2.3. 400m x 2
 - 2.3. Xerxes
 - 2.3.1. 200m x 4
 - 2.3.2. 1km x 1
 - 2.4. Maat
 - 2.4.1. 200m x 10
 - 2.5. Anubis
 - 2.5.1. 1.5km x 1
 - 2.5.2. 1km x 1
 - 2.5.3. 800m x 1
 - 2.5.4. 400m x 1
 - 2.5.5. 200m x 1
 - 2.5.6. 100m x 1
 - 2.6. Thot
 - 2.6.1. 100m x 8
 - 2.6.2. 400m x 8
 - 2.7. Osiris
 - 2.7.1. 3km x 1
 - 2.7.2. 200m x 10
 - 2.8. Horus
 - 2.8.1. 3km x 1
 - 2.8.2. 800m x 1
 - 2.8.3. 1.5km x 1
 - 2.9. Sphinx
 - 2.9.1. 200m x 8
 - 2.9.2. 400m x 4
 - 2.9.3. 1.5km x 2
 - 2.10. Amun
 - 2.10.1. 1.5km x 4
 - 2.11. Ra
 - 2.11.1. 400m x 15
 - 2.12. Shu
 - 2.12.1. 3km x 3