

Funk Roberts Spartacus Workout

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Unleash your inner warrior with the Funk Roberts Spartacus Workout, a high-intensity interval training (HIIT) program designed for maximum fat loss and muscle gain. This effective workout routine, crafted by Funk Roberts, delivers challenging exercises perfect for transforming your physique and boosting your overall fitness.

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Sweeter (Verve, 1996) With Tommy Smith The Sound of Love (Linn, 1997) Spartacus (Spartacus, 2000) With James Spaulding Songs of Courage (Muse, 1991 [1993])... 29 KB (164 words) - 16:33, 6 March 2024