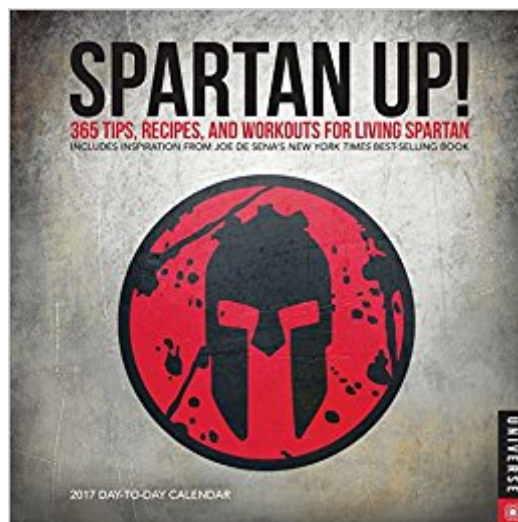




The book was found

Spartan UP! 2017 Day-to-Day Calendar: 365 Tips, Recipes, And Workouts For Living Spartan



Synopsis

Shape UP! the Spartan way. Inspired by the worldwide phenomenon, Spartan UP! 2017 Day-to-Day Calendar is perfect for anyone wishing to win both on and off the obstacle course. Voted "Best Obstacle Race" by Outside magazine, the Spartan Race consists of challenges at all levels of difficulty so that anyone can join and access their inner warrior. This Day-to-Day Calendar contains the best WOD (Workouts of the Day) and training tips to make a body strong; features the best recipes from the Spartan diet for optimizing health and performance, and includes motivational quotes from the founder and best-selling author Joe DeSena.

Book Information

Calendar: 365 pages

Publisher: Universe Publishing; Des Pag edition (September 13, 2016)

Language: English

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Product Dimensions: 5.5 x 1.8 x 5.5 inches

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Average Customer Review: 4.3 out of 5 stars 13 customer reviews

Best Sellers Rank: #235,934 in Books (See Top 100 in Books) #14 in Books > Calendars > Diet & Health #18 in Books > Calendars > Cooking #3142 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Too many kale recipes. Kales sucks.

Great calendar, great information given to help a Spartan train.

It's awesome. Spartan up!!!

Love the tidbits, recipes, and exercise tips!

Very motivating! Great way to incorporate the Spartan model into your everyday life.

I got this late in the year but it is still a wealth of information and knowledge.

I bought this for my husband for Christmas this past year. Each and everyday there is something different. Some days there is a WOD and other days there are recipes and tips on how to be a better Spartan. My husband loves coming down stairs each day to see what the day will bring. Get gift for the Spartan in your life!

Motivation for my Spartan races this year. Working towards my Trifecta. It's also food for thought and chicken soup for the soul tied in. It's not just all brawn and burpees. It's also taking care of your mind. A precious resource as everyone discovers.

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