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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 ISBN-10: 0789331403 ISBN-13: 978-0789331403 Product Dimensions: 5.5 x 1.8 x 5.5 inches Shipping Weight: 11.4 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #45,997 in Books (See Top 100 in Books) #2 in Books > Calendars > Diet & Health #4 in Books > Calendars > Cooking #627 in Books > Health, Fitness & Dieting > Exercise & Fitness

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