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Spartan UP! 2016 Day-to-Day Calendar: A Year Of Tips, Recipes, And Workouts For Living Spartan



Synopsis

Shape UP! the Spartan way. Inspired by the worldwide phenomenon, Spartan UP! 2016 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: 320 pages

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Product Dimensions: 5.5 x 1.7 x 5.5 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (12 customer reviews)

Best Sellers Rank: #667,795 in Books (See Top 100 in Books) #43 in Â Books > Calendars >

Cooking #55 in Â Books > Calendars > Diet & Health #7037 in Â Books > Self-Help > Motivational

Customer Reviews

Perfect Christmas gift for my lovely Spartan bride. She is excited about working through it next year. (oops, she saw this before Christmas... any advice on another good gift to go under the tree?)

A gift for my husband. He loves it. Its a daily conversation starter. It even got him in the kitchen making some of the recipes!

Great little Calendar, has a small stand on the back to sit on a desk! Can't wait for 2016

Great way to keep me focused on my goal- Spartan Trifecta here we go!

Love it. Can't wait to use it next year.

This is really useful stuff! It really hits hard on realizing your worth and potential. I recommend it for anyone who needs real deep inspiration.

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