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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

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