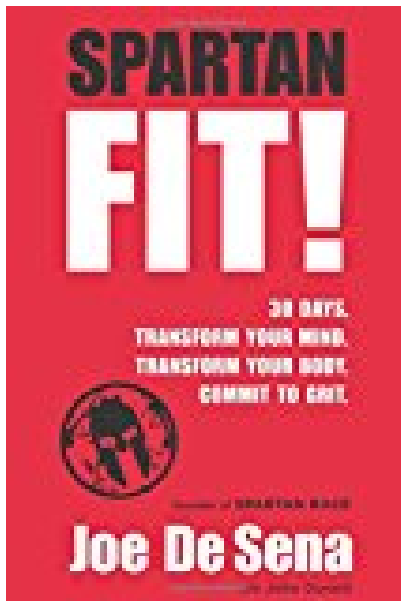


# Spartan Fit! 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit.

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## BOOK DETAILS

- Author : Joe De Sena
- Pages : 256 Pages
- Publisher : Houghton Mifflin Harcourt
- Language : English
- ISBN : 0544439600

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## BOOK SYNOPSIS

From the best-selling author of Spartan Up! a complete 30-day workout and diet plan to help you reach peak performance Joe De Sena designed the Spartan races to test overall conditioning: strength, flexibility, endurance, and speed. His signature take-no-prisoners approach to achieving physical and mental fitness has taken the endurance world by storm and inspired millions. Now in Spartan Fit!, De Sena breaks down that approach and gives readers the tools they need to conquer the course — and life, including:

- A 30-day workout and diet plan to prepare for the Spartan Sprint — or to just get you in shape
- Full-body workouts requiring no gym, no weights
- How to build on one race to the next
- Inspiring, motivating stories of Spartans

A complete Spartan training guide, Spartan Fit! will arm readers with the strength, knowledge, and grit to never question their potential again.

### **SPARTAN FIT! 30 DAYS. TRANSFORM YOUR MIND. TRANSFORM YOUR BODY. COMMIT TO GRIT.**

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