

The book was found

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

Publisher: Universe Publishing; Pag edition (September 29, 2015)

Language: English

ISBN-10: 078932959X

ISBN-13: 978-0789329592

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.

[Download to continue reading...](#)

Spartan UP! 2016 Day-to-Day Calendar: A Year of Tips, Recipes, and Workouts for Living Spartan
Spartan UP! 2017 Day-to-Day Calendar: 365 Tips, Recipes, and Workouts for Living Spartan Frugal
Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete
Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple)
Wildlife Calendar - Tiger Calendar - Lion Calendar - Elephant Calendar - Monkey Calendar -
Calendars 2016 - 2017 Wall Calendars - Animal Calendar - African Wildlife 16 Month Wall Calendar
by Avonside Day Trading Strategies: A Beginners Guide To Day Trading (Day Trading, Trading,
Day Trading Strategies, Day Trading Books, Day Trading For Beginners, Day Trading Stocks, Options
Book 1) Primal Blueprint Day-to-Day 2017 Desk Calendar: Daily Tips and Inspiration for Primal
Living Workouts in Intermediate Microeconomics: for Intermediate Microeconomics and
Intermediate Microeconomics with Calculus, Ninth Edition Vocal Workouts for the Contemporary
Singer (Vocal) (Berklee Press) (Book & Online Audio) Weight Training Workouts that Work The
Rider's Fitness Program: 74 Exercises & 18 Workouts Specifically Designed for the Equestrian
Common Core Math Workouts, Grade 8 Common Core Math Workouts, Grade 6 Boxing WOD
Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing,
Fitness & Fat Loss Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and
Achieving Peak Performance in Life Spartan Fit!: 30 Days. Transform Your Mind. Transform Your
Body. Commit to Grit. Our Little Spartan Cousin of Long Ago (Yesterday's Classics) (Our Little
Cousins of Long Ago) Magic Cards: Magic the Gathering - 33 Killer Tips from a Magic Master!
(Magic Cards, Magic the Gathering, Magic Decks, Magic the Gathering Tips, Magic Card Tips, How
to Play Magic, Magic) Lab Puppies Calendar - Yellow Labrador Retriever Puppies Calendar -
Puppies Calendar - Dog Breed Calendars 2017 - Dog Calendar - Calendars 2016 - 2017 wall
calendars - 16 Month Calendar by Avonside West Highland Terrier Puppies Calendar - Westie
Puppies Calendar - Puppies Calendar - Dog Breed Calendars 2017 - Dog Calendar - Calendars
2016 - 2017 wall calendars - 16 Month Calendar by Avonside Poodle Calendar - Poodles Calendar -
Standard Poodle Calendar - Dog Breed Calendars 2017 - Dog Calendar - Calendars 2016 - 2017
wall calendars - 16 Month Wall Calendar by Avonside

[Dmca](#)