

mUN6s [Free PDF File] Spartan Fit!: 30 Days Transform Your Mind Transform Your Body Commit to Grit



CONTINUE ►

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 listeners the tools they need to conquer the course and life, including: A complete Spartan training guide, *Spartan Fit!* will arm listeners with the strength, knowledge, and grit to never question their potential again. **DISCLAIMER:** "We cannot guarantee the availability of this ebook on an external site."

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