



Spartan UP! 2016 Day-to-Day Calendar: A Year of Tips, Recipes, and Workouts for Living Spartan

Joe DeSena

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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.

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