

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: 4.4 out of 5 stars 12 customer reviews

Best Sellers Rank: #913,260 in Books (See Top 100 in Books) #56 in Books > Calendars > Cooking #81 in Books > Calendars > Diet & Health #9410 in 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?)

Great little Calendar, has a small stand on the back to sit on a desk! Can't wait for 2016

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 way to keep me focused on my goal- Spartan Trifecta here we go!

Love it. Can't wait to use it next year.

NOT A WALL CALENDAR

GREAT Book!!! very inspiring!

mini Desktop calandar

[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
Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into
A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan
Discipline) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and
Endurance (Workouts in a Binder) Self-Discipline: Self-Discipline of a Spartan Trough: Confidence,
Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) Coaching
Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds,
9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) One-Hour
Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Bodybuilding: Arm Bible: 39 Best
Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight
Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Southern Living 2016 Annual Recipes:
Every Single Recipe from 2016 (Southern Living Annual Recipes) CrossFit Workouts at Home - You
can do these 24 workouts anywhere! Cross Training WOD Bible: 555 Workouts from Beginner to
Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss,
Bodybuilding, Home Workout, Gymnastics) Mental Toughness Workouts: 30 Workouts To Forge
Your Mind & Body To Greater Heights HIIT: High Intensity Interval Training Guide Including
Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling &
Bodyweight Workouts for Weight Loss Horses Dreaming Calendar - Calendars 2017 - 2018
Calendar - Wild Horses Calendar - Animal Calendar - Poster Calendar - Photo Calendar By Helma
How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat (Abs, Ab Workouts, Healthy
Living Tips) Bridges Wall Calendar 2016 - Architecture Calendar - Poster Calendar - Photography
Calendar By Helma Porsche Calendar- Calendars 2016 - 2017 Wall Calendars - Car Calendar -
Automobile Calendar - Porsche 16 Month Wall Calendar by Avonside Garden Calendar - English
Gardens Calendar - Calendars 2016 - 2017 Wall Calendars - Flower Calendar - English Gardens 16
Month Wall Calendar by Avonside Garden Calendar - Flower Calendar - Orchids Calendar -

Calendars 2016 - 2017 Wall Calendars - Orchids 16 Month Wall Calendar by Avonside African Grey Calendar - African Grey Parrot Calendar - Parrot Calendar - Calendars 2016 - 2017 Wall Calendars - Bird Calendars - Monthly Wall Calendar by Avonside

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)