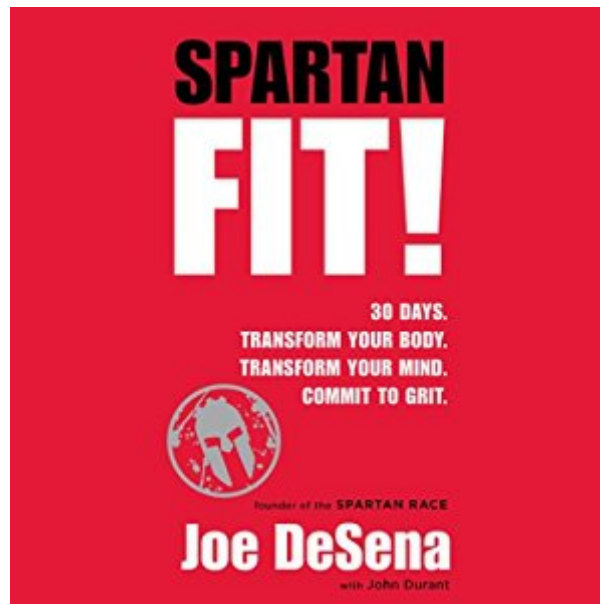


The book was found

Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit To Grit.



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 listeners 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 just to get you in shape
- Full-body workouts requiring no gym and 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 listeners with the strength, knowledge, and grit to never question their potential again.

Book Information

Audible Audio Edition

Listening Length: 5 hours and 17 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: August 2, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01J66EIYC

Best Sellers Rank: #14 in Books > Sports & Outdoors > Extreme Sports #20 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #60 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

Customer Reviews

“My name is Joe De Sena, and if all you want is a training program, there’s a list of exercises in chapter 6 and recipes starting on page 206. Or, to make things really simple: Go outside right now and run as far as you can. Then do as many burpees as you can. Then run, walk, or crawl home. Eat whole foods, skip dessert, don’t get drunk, get some sunshine, take cold showers, lift something heavy, use the stairs, meditate or pray, find someone to love. Lights out at 8 p.m. There’s your program. Go do it. Look, if being fit were as easy as having a list of the right exercises, the Internet would have ended the obesity crisis. There are a gazillion exercise programs out there! The team at Spartan Race posts a new workout every day—it’s all there, it’s all

free. We have all this information at our fingertips. Lack of information isn't your main obstacle. Your main obstacle is you. You are also your greatest opportunity. And that's as true for me as it is for anyone. The purpose of this book is to help you overcome any physical or mental obstacle " and to achieve the opportunity that lives inside of you. To become Spartan Fit. ~ Joe De Sena from Spartan Fit! Joe De Sena is the founder of the Spartan Race. He's also, as Angela Duckworth, author of Grit, tells us: "a paragon of grit" who shows you how you're capable of so much more than you think. "A paragon of grit. That's the perfect description. De Sena is *extraordinarily* inspiring. He once completed the Badwater Ultramarathon (135 miles), the Lake Placid Ironman (140.6 miles) and a short Vermont trail run (100 miles) in one week. (!) Now, he's on a mission to help people optimize their lives and get Spartan Fit.

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

Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit. Spartan UP! 2017 Day-to-Day Calendar: 365 Tips, Recipes, and Workouts for Living Spartan Spartan UP! 2016 Day-to-Day Calendar: A Year of Tips, Recipes, and Workouts for Living Spartan The Mind-Body Code: How the Mind Wounds and Heals the Body Ten Ways Not to Commit Suicide: A Memoir Framed: Why Michael Skakel Spent over a Decade in Prison for a Murder He Didn't Commit Soupelina's Soup Cleanse: Plant-Based Soups and Broths to Heal Your Body, Calm Your Mind, and Transform Your Life Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life Our Little Spartan Cousin of Long Ago (Yesterday's Classics) (Our Little Cousins of Long Ago) How Can You NOT Laugh at a Time Like This?: Reclaim Your Health with Humor, Creativity, and Grit John Travolta, Staying fit!: His complete program for reshaping your body through weight resistance training and modern dance techniques How Children Succeed: Grit, Curiosity, and the Hidden Power of Character Grit: The Power of Passion and Perseverance Paul: A Man of Grace and Grit (Great Lives Series) True Grit: A Novel True Grit: Young Readers Edition Frontier Grit: The Unlikely True Stories of Daring Pioneer Women Best Body Cookbook & Menu Plan: You're 52 days away from Your Best Body The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

[Dmca](#)