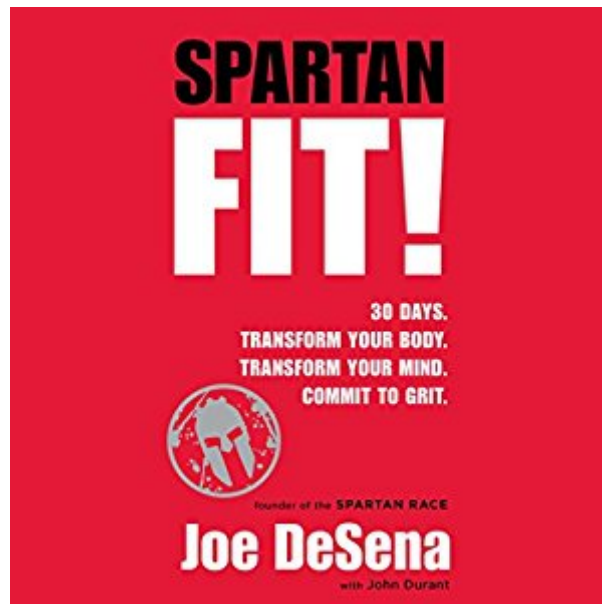


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# Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit To Grit.



## 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

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## 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: "the 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.

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