



Spartan Warrior Workout: Get Action Movie Ripped in 30 Days (Paperback)

By Dave Randolph

Ulysses Press, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. DO YOU HAVE THE STRENGTH--TO STOP AN ENTIRE ARMY? In just one month, the high-intensity workouts in this book can give you the jaw-dropping physique of history's greatest soldiers. Spartan Warrior Workout takes you from merely being in shape to having the strength and endurance to withstand the ultimate test. Whether you're a veteran in the weight room or a new recruit, Spartan Warrior Workout will challenge you like nothing you have ever tried before: * Arms and shoulders are sculpted with kettlebell cleans and presses * Abs are toned with windmills and planks * Back and butt are strengthened with kettlebell swings and pull-ups * Chest is chiseled with bench presses and push-ups * Legs and glutes are shaped with jumping lunges and squats More than just exercises, the book's guidelines on active rest, pre-hab and nutrition will help keep your body healthy and fueled as you push yourself to the limit and reach higher levels of fitness.



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Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

-- **Rhiannon Steuber**

Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**

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