



## 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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