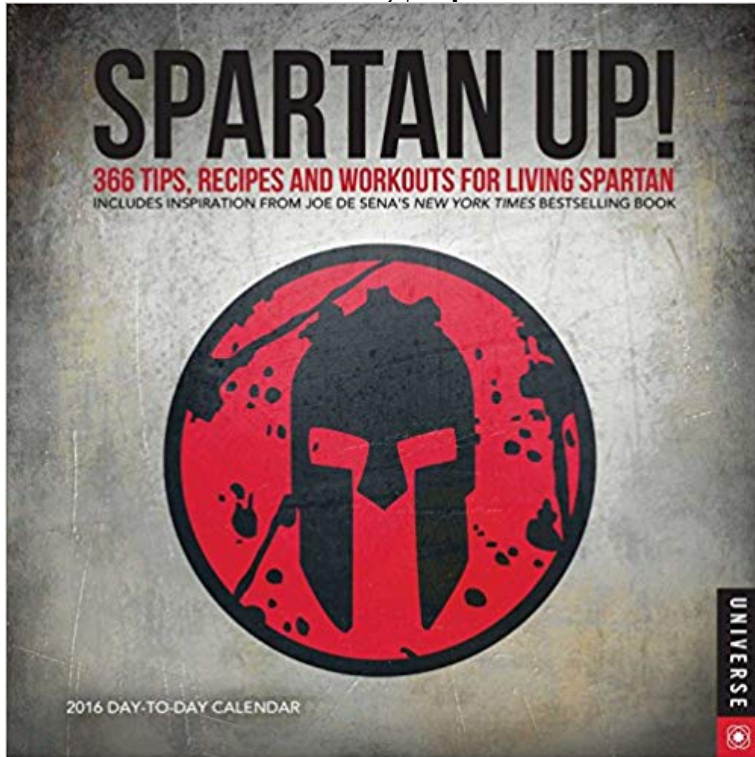


Spartan UP! 2016 Day-to-Day Calendar: A Year of Tips, Recipes, and Workouts for Living Spartan



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.

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