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

Joe De Sena, John Durant

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Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit. Joe De Sena, John Durant
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 readers 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 to just get you in shape
- Full-body workouts requiring no gym, 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 readers with the strength, knowledge, and grit to never question their potential again.

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