



Spartan Warrior Workout: Get Action Movie Ripped in 30 Days

Dave Randolph

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Spartan Warrior Workout: Get Action Movie Ripped in 30 Days Dave Randolph **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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