



Spartan Warrior Workout: Get Action Movie Ripped in 30 Days

By Dave Randolph

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

- Sales Rank: #118496 in Books
- Brand: Brand: Ulysses Press
- Published on: 2010-08-24
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x 7.50" w x .50" l, .73 pounds
- Binding: Paperback
- 128 pages

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Editorial Review

About the Author

Hi I'm Dave Randolph and I own IronBody Fitness in Louisville, Kentucky. I have been a full time Fitness Professional since 2007 and I am a 6th degree black belt in Shaolin Do Chinese Martial arts.

I've been studying Shaolin Do since late 1989 and started training with kettlebells in 2002. I am one of the first 100 people to ever be certified as an RKC under Pavel Tsatsouline and I was in the 2nd ever (Beta Cadre) training under Scott Sonnon and his CST system.

I'm currently certified with Pavel as an RKC II, with Sonnon as a CST Instructor, in the IKFF as a CKT, and with Kettlebell Athletics and the American Kettlebell Club. I think I have more kb certs than anyone else! Oh and I'm also a level I CrossFit instructor.

Here are my websites

IronBody Fitness

Spartan Warrior Workout

Users Review

From reader reviews:

Robin Martz:

The feeling that you get from Spartan Warrior Workout: Get Action Movie Ripped in 30 Days is the more deep you looking the information that hide within the words the more you get serious about reading it. It does not mean that this book is hard to comprehend but Spartan Warrior Workout: Get Action Movie Ripped in 30 Days giving you joy feeling of reading. The author conveys their point in certain way that can be understood simply by anyone who read the idea because the author of this publication is well-known enough. This particular book also makes your current vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We advise you for having this Spartan Warrior Workout: Get Action Movie Ripped in 30 Days instantly.

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Madeline Edwards:

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