



Spartan Warrior Circuit Training: The 300 Workout

Chohwora Udu, James McHale

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Spartan Warrior Circuit Training is a no-nonsense approach to high intensity fitness training based on the workout used by the cast of the film 300. This workout is intense, diverse, creative, and, most importantly, proven.

The exercises in this book will give you the motivation you need to get super fit, and the expertise required to dramatically improve your muscular strength and aerobic fitness. This workout is extremely high intensity and requires strength, power and endurance. If you want the body of a Spartan warrior, this is the workout to help you get it!

Bonus Workout: This book also includes a full bodyweight circuit that can be done practically anywhere - a park, a hotel room, a gym, or even the living room.

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