

Spartan Up A Take No Prisoners Guide To Overcoming Obstacles And Achieving Peak Performance In Life Joe De Sena

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No adversity has been confronted and handled because everything came fast and easy. When adversity does arrive, and it always does, someone who has never encountered it before will have no clue what to do in response.” — Joe De Sena, Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life

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Spartan Up!: A Take-No-Prisoners Guide to Overcoming ...

Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life is available for pre-order and will be released May 13. Photo Credit: Getty Images // Thinkstock.

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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 listeners the tools they need to conquer the course.

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Spartan Up! (Hardcover) A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life. By Joe De Sena, O'Connell Jeff (Contributions by) . Houghton Mifflin Harcourt, 9780544286177, 224pp.

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The Spartan Starting Line is unique. Instead of one big wave like a marathon, groups of Spartan racers take off every 15 minutes throughout the day. When signing up for a Spartan Super, choose from three registration categories: ELITE: The most competitive category, the Elite Heat is split between Male and Female racers.

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