



The 300 Body: How to Build a Spartan Physique (Paperback)

By Philip Smith

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Would You Like To Look Like One Of The 300? Exposed! Training Secrets To Build A Spartan Like Physique In The Fastest Time PossibleRead on to discover how you too can look like one of the 300 by following a simple training plan fit for the spartansHave you ever watched the movies on the famous 300 and thought to yourself How can i I look like one of them? Is it even possible? If this is you then keep reading. Six day a week gym sessions lifting weights lasting nearly two hours followed by marathon cardio. Complicated split training programs, twice a day training, Isolation exercises, German Volume Training. I ve had the pleasure (and sometimes the misfortune) of trying them all in my quest for the perfect workout plan. What if I told you against tradition and what may seem like common sense, that the best way to look like a spartan is to actually train much less, with basic exercises, but with total effort and focus? That this method has been developed and followed ever since man has lifted weights to improve...



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