

# Creating the Ultimate Spartan Training



Learn the secrets and tricks used by the best athletes and coaches to improve your conditioning, athleticism, nutrition, and mental toughness. To reach your true potential you need to be at your optimal physical and mental condition, and in order to do this you need to start an organized plan that will help you develop your strength, mobility, nutrition, and mental toughness. This book will do that. Eating right and training hard are two of the pieces of the puzzle, but you need the third piece to make it all happen. The third piece is mental toughness, and that can be obtained through meditation and visualization techniques taught in this book.

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