
FRONT COVER:

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Foreword

Fitness is the biggest issue of today's society because technology has improvised our lives so much that people do not move a lot and this lazy working routine and tiring mind works make people unfit physically.

Normally, it is thought that joining a gym or hiring some personal trainer is the best way to help you in weak physical situation but this is not the case because both of these options are expensive and very time consuming. Everyone cannot get time from their busy routine to adopt any of these options.

There are some short cuts and easy plans to work out and make your health and physical state better. This EBook is going to tell you all about those plans which will not take any investment from you and will teach you each and everything about getting a Spartan's body looks.

First of all, you need to have believe in yourself and be sure that you can always make yourself better because improving yourself physically has more to do with your mind frame than your physical efforts.

If your mind is not ready to accept your work out then, you can never work out. I have seen people joining gyms but after few months, they end up complaining that whole of their time was wasted and they have not got any advantage out of this gym routine.

This happens mostly due to improper mind thoughts. When your mind is not ready then, you cannot work out properly and with full concentration.

You need to have some passion about training and without that passion your training will be just a routine.

If someone has told you that from doing physical training, you always need some expensive equipment at home or you have to pay expensive and heavy fees in gyms then, he has misguided you because there are so many ways which are totally free and they can make your life so much better.

These methods will not take much of your time and money and will change you completely physically.

Spartan's Routine

Achieve The Spartan's Body Using This Spartan Training Guide

Chapter 1:

Introduction to Spartan's Routine

Synopsis

In this chapter, I will give you an overview of all the routines and whole pattern of that training which can lead you to Spartan's body.

- ❖ Improve your diet
- ❖ Try To Be More Active In Your Life
- ❖ Have a good exercise plan



The Basics

Whenever you hear the word “physical training” then, most of you will imagine hard and heavy training in which people are sweating heavily and this is right to some extent but this is not the whole purpose of training.

There are so many aspects of this training which you have to take care and exercising is just one of those aspects. You can divide Spartan’s routine in three basic areas which can be your diet, your daily routine and your exercise plan.

Improve Your Diet

Diet is a very important part of your life and these days if you observe your diet closely then, you will have answers of your all questions including your bad or weak physical condition.

These days, most of the people are so busy with their work routine that, they cannot find good and proper time to maintain their diet. People go to office without breakfast and then they have some junk food for their lunch.

This is just common routine which almost everyone is following these days. This is very unhealthy routine and if you have got this routine then, you must think about changing it and do not only think about changing it but take some serious steps for changing it.

You should make a proper time table for eating your foods and this time table should be very precise and accurate. Try and include all the

nutritional elements in your diet and avoid eating too many restaurants' food.

Try To Be More Active In Your Life

Another thing which is missing these days in most of the people's lives is activity and especially physical activity. People work extensively and do mental workout throughout the day but they sit in one chair throughout the day which imbalances the mental and physical activities.

This imbalance causes serious results and your physical health starts to deteriorate. In most obvious cases, you will start to gain unhealthy weight and you will accumulate lots of fat around your body.

There are very simple methods for changing this routine and you need to just think positively and you will come to know that there are so many things which you can do easily like you can go to your work on for instead of car and this will make your way to office as your morning walk. Instead of ordering your lunch at office, you can go and get it from restaurant.

Have a Good Exercise Plan

As I mentioned before that people have this misconception that only a hard and expensive exercise routine in some costly gym is the only way out of fitness problems but this is not the case because there are so many common and very easy exercises which you can do without any machine's help and these exercises are very easy to do at your own. You can do them in your

lawn or in your lounge or in any spare room of your house and you do not even have to go out to perform these exercises. These exercises include yoga, some common free exercises, aerobics and others.

If you can implement three of the above things in your life then, you will definitely get a Spartan's body but to integrate these features and qualities in your life, you need to be very careful and precise about your thoughts and gestures.

You need to know that exact format of your life and then, you should be willing to change that format. It requires strong mental toughness and very hard work in the start to maintain and execute these things but with time, you can easily learn to integrate these things.



Chapter 2:

Synopsis

“Replacing unhealthy eating with healthier diet routine”

In this chapter, I am going to tell you that you can easily modify your current unhealthy diet plan to a healthier one.

- ❖ Watch out for smaller portion sizes
- ❖ Look for deli-style fast food chain
- ❖ Order healthy sides in fast food
- ❖ Accompany your order with a salad
- ❖ Chicken is not always a healthy option
- ❖ Add a healthy element is your diet
- ❖ Some random preparation

An Overview

It is generally believed that getting up early in the morning and taking a good healthy breakfast is always good for health but then again, lots of things come up which can bother you.

Some people say that they have to sit throughout the day and in that kind of routine, it is almost impossible to maintain a healthy diet routine. Taking fast foods is almost an essential element because nothing else is easily available.

In office culture, most of the people eat junk and fast food extensively but even in eating that junk food, you can add some health. Fast food is lot developed these days and you can make it good for your health.

Watch Out for Smaller Portion Sizes

When you order your fast food then, try and order small portions or medium portions because there is a trend of ordering everything in large portion as most of the outlets will give you discounts on larger portions but as I mentioned that sitting all day in office does not need much of physical strength and you need lots less calories. You can try ordering children's meals and you will find them quiet enough for your appetite.

Look for Deli-Style Fast Food Chain

You need to look for some deli style fast food chains because these fast food chains will allow you to order your meal, burger or sub with a total wheat bread or some other low fat elements which can be very handy and effective for you.

Order Healthy Sides in Fast Food

If you closely observe all the products and meals in big fast food restaurants then, you will see that almost all of these will provide you with healthy sides in fast food. Almost everything will be categorized in two types and one of them will be more greasy and fatty while the other will be lighter.

Accompany Your Order with A Salad

Always try to order a salad with your fast food order because fast food will provide you with more fats and calories but salad will compensate the amount of vitamins and fiber.

Chicken Is Not Always a Healthy Option

Most of the people take chicken as a safe and healthy food choice but this is not the case because most of the fast food chains provide fried breaded chicken with white bread which is lot more fatty. Grilled chicken is a better choice than that.

Add a Healthy Element Is Your Diet

You should make it your habit to add some healthy item as a bowl of salad, a piece of fruit, and some low fat yogurt in your diet. These items will keep your stomach almost full and you will feel less hungry and will avoid any temptation.

Some Random Preparation

Along with above mentioned things, there are some other things which you can always do and these things are very easy to implement too. You can keep some healthy snacks and some bottled water in your car and take one or two of those snacks before hitting the road. This will keep you away from many fast food outlets. Consider your super market as your fast food chain and go there and get some low fat yogurt, some fruit and even some super markets will also give you prepared items like sushi and others.

All of the above mentioned things are part of a very healthy diet routine and even if you do not have time and you always remain busy in your work, then these are the tips and tactics which can make your diet plan a very healthy one. In start, you will find it very difficult to get rid of those fried, cheesy and delicious things but with time when you will notice the difference in your health then, you will get used to it and to achieve long terms benefits, consistency is the key.

Chapter 3:

Alternate for Exercise

Synopsis

In this chapter, I will tell you about some alternatives if you do not have time to exercise.

- ❖ Include sports in your routine
- ❖ Take your kids to walk
- ❖ Get into some house routine
- ❖ Take stairs instead of elevator
- ❖ Some free style work out
- ❖ Take outdoor breaks while working in office
- ❖ Get up 20-30 minutes early



Something Different

Life is very tough these days and especially if you have burden of whole your family and you are the only one to earn then, the burden increases even more and work routine becomes very hectic. Most of such people cannot find time for their exercise and this leads them to have some health problems in long run. There are some alternate methods and routines which you can adopt and these routines will compensate for your exercise needs perfectly.

In most of the fitness articles, you will read that you have to adjust your schedule and add some gym training time in your routine but this is simply not possible when you are a single parent, an office manager, a responsible citizen, a caring friend. All of these rolls need time and people often find 24 hours a day very less to fulfill all of these responsibilities and in most of the cases, fitness is the only thing which suffers.

Include Sports in Your Routine

This is most basic and important thing that if you cannot find time for exercise routine then, you can make sports as your routine and find someone in your neighbors who like some sports. Even if you have some teen aged kids then, you can play with them. Sports like basketball, baseball and other similar sports are best natural work out which can keep you very fit and active.

Take Your Kids to Walk

This is another very important and easy thing to do that you can take your kids on walk. This will allow you to free your muscles as well as will keep your kids active and fit. Most of the kids, who see their parents not working out, often fell into same habit. This walking exercise will make your kids even more active and fit and if you think that your kids are too slow for you then, you can add some jumping and some running in that walk to make it little harder and more reasonable for you.

Get Into Some House Routine

It is maybe tough for you to find time to exercise but weekends are always free and if you get yourself into some house work like vacuuming, mopping and sweeping then, all of such works are very healthy way to work out and they can burn so many extra calories of yours. Most of the men are shy of these works but there is no shyness in them because when your partner can do them then why not you. This also makes the relationship more proper and happier.

Take Stairs Instead of Elevator

There is lot of debate going on about taking the stair and not elevators. Some doctors suggest this good idea but for people who have got any kind of back problem, this idea is not applicable. For people who are healthy and have no back problem, they should always go with stairs instead of lift because it enables you to burn some extra calories.

Some Free Style Work Out

If you happen to be on a very tight schedule and you cannot afford to go to gym because your time will be wasted then, you can do some free exercises like yoga, pushups, sit ups and other similar exercises. These exercises will not take much of your time and you can perform them anywhere even in your bed room, in your lounge or any other place of the house.

Take Outdoor Breaks While Working In Office

Most of the people, who work in office, prefer to stay in office in break timings and order their food in office. This is another unhealthy sign because you should always prefer to go out in break times and have a brisk and short walk. This small walk will also change your mood and will increase your concentration level.

Get Up 20-30 Minutes Early

If you are really into changing your fitness level and you are serious about making your body precisely healthy then, you should get up 20-30 minutes earlier than normal routine. Utilize these extra minutes in going out for a walk or doing some free work out or jogging or yoga or any other healthy activity.

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