

SPARTAN ROUTINE

achieve the spartan's body
using this spartan training guide



Tony Banawa

ΤΟΝΥ ΒΑΝΑΒΑ

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgement about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

Table of Contents

Foreword

Chapter 1:

Introduction to Spartan's Routine

Chapter 2:

**Replacing Unhealthy Eating with
Healthier Diet Routine**

Chapter 3:

Alternate for Exercise

Chapter 4:

Stress Relief

Chapter 5:

Importance of Sleep and Tips for a Good Night's Sleep

Chapter 6:

Exercise and Its Types

Wrapping Up

Foreword

Fitness is the biggest issue of today's society because technology has improvised our lives so much that people hardly need to move, and this lazy working routine makes people unfit physically.

Normally, it is thought that joining a gym or hiring a personal trainer is the best way to help you in a weak physical situation, but this is not the case because both these options are expensive and time-consuming. Not everyone can take out time from their busy routine to adopt one of these options.

There are some shortcuts and easy plans to work out and improve your health and physical state. This eBook is going to explain all those plans which will not take any investment from you, but will teach you everything about getting a Spartan's body.

First of all, you need to believe in yourself. Improving yourself physically has more to do with your mind frame than with your physical efforts. If your mind is not ready to accept your workout, you can never work out. I have seen people joining gyms, but after only a few months, they end up complaining that it was simply a waste of time and that they didn't gain any benefit out of this gym routine.

This happens mostly due to improper thoughts revolving in the mind. When your mind itself is not ready, you cannot work out properly and with full concentration. You need to have some passion about training, because without that passion, your training will be just a routine.

If you've heard that, in order to do physical training, you will need to buy expensive equipment at home or pay heavy fees at a gym, then you've heard wrong. There are countless ways to work out which are totally free and can make your life far better than it is at present.

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

Spartan's Routine

Achieve the Spartan's Body Using This Spartan Training Guide

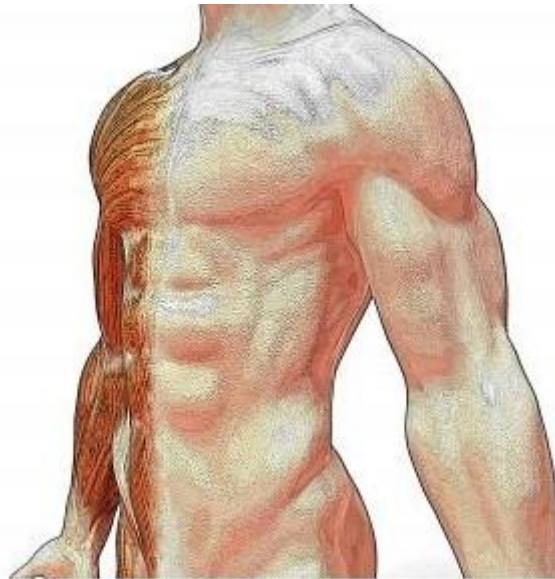
Chapter 1:

Introduction to Spartan's Routine

Synopsis

In this chapter, I will give you an overview of all the routines and a whole pattern of training which can help you achieve the 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”, you likely imagine hard and heavy training where people are sweating heavily. But while this concept is correct to some extent, it is not the whole purpose of training.

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

Improve Your Diet

Diet is a very important part of your life. If you observe your diet closely, you will get the answers to all your questions, including your poor/weak physical condition.

Nowadays, people are so busy with their work routines that they cannot find time to maintain an effective diet. People go to the office without having breakfast and then usually end up eating junk food for lunch.

This is a common routine that nearly everyone is following these days. It is a very unhealthy regimen, and if you are one of these people, you must think seriously about changing it. In fact, don’t just think about changing it; rather, take some serious steps towards that goal.

You should make a proper diet timetable which should be very precise and accurate. Try to include all the important nutritional elements in your diet and avoid eating too much junk food.

Try To Be More Active In Your Life

Another thing missing in most people’s lives these days is activity, especially physical activity. People usually work out extensively, but they sit in a chair throughout the day, which unbalances the mental and physical activities.

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

There are very simple methods to change this routine. You need to think positively, and you will come to know that there are many things you can

do easily, like walking to your workplace instead of driving. Also, instead of ordering your lunch at the office, you can go out and buy it directly from the restaurant.

Have a Good Exercise Plan

As I mentioned before, people have the misconception that a tough exercise routine at a costly gym is the only way out of fitness problems. But this is not the case, as there are many exercises that you can do on your own without the help of a machine.

You don't even have to go to a gym to do these exercises; you can do them in your lawn, in your lounge or in any spare room of your house. These exercises include yoga, aerobics, some free exercises, and others.

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

Firstly, you need to know that exact format of your life and, secondly, you should be willing to change that format. It requires strong mental toughness and very hard work to execute and maintain these things but with time, you will learn to integrate these things.



Chapter 2:

An Overview of the Fundamental Principles

Synopsis

“Replacing unhealthy eating with healthier diet routine”

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

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

An Overview

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

Some people admit they have to sit throughout the day, and in that kind of routine, it is almost impossible to maintain a healthy diet regimen. Eating fast foods is an essential element for some, because nothing else may be easily available.

In office culture, most of the people eat junk and fast food extensively, but even while eating junk food, you can improve your health. Fast food is very developed these days, and you can make it healthier for your body.

Watch Out for Smaller Portion Sizes

When ordering fast food, try to go for small- or medium-sized portions. There is a trend to order food in large portion, as most of the outlets will give you discounts on larger portions. But, like I mentioned earlier, sitting all day at the office does not need a lot of physical strength and you need far fewer calories. You can try ordering children's meals and you will find them sufficient for your appetite.

Look for Deli-Style Fast Food Chain

You need to look for some deli-style fast food chains, as they allow you to order your meal, burger or sub with a wheat bread or with some other low-fat elements which can be very effective for your health.

Order Healthy Sides in Fast Food

If you closely observe the meals in fast food restaurants, you will see that almost all of them will offer you healthy side dishes. Almost everything will be categorized into two types, a greasy and fatty option and a lighter one.

Accompany Your Order with a Salad

Always try to order a salad with your fast food. While the junk food will provide you with fats and calories, the salad will compensate by providing you with vitamins and fibre.

Chicken Is Not Always a Healthy Option

Most of the people take chicken as a safe and healthy food choice, but this is not always the case. Most of the fast food chains provides fried, breaded chicken with white bread, which is very fatty. Grilled chicken is a better choice.

Add a Healthy Element in Your Diet

You should make it a habit to add healthy foods like salads, fruits and low-fat yogurt in your diet. These items will help keep your stomach full and thereby avoid junk food temptations.

Some Random Preparation

There are some other things you can do that are also very easy to implement. You can keep some healthy snacks and bottled water in your car and eat some of these snacks before hitting the road. This will keep you from stopping at fast food outlets on your way. Think of your supermarket as your fast food chain; go there and get some low-fat yogurt, fruit and perhaps even prepared items like sushi.

All of the above-mentioned food items are part of a healthy diet routine. Even if you do not have spare time, what with workload, these are all tips and tactics to maintain a healthy diet plan. When starting the plan, you will find it very difficult to get rid of all the delicious fried and cheesy foods, but with time, you will get used to it. Remember, to achieve long-term 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 the time to exercise.

- ☒ Include sports in your routine
- ☒ Take your kids for walks
- ☒ Start a house routine
- ☒ Take the stairs instead of the elevator
- ☒ Some freestyle workouts
- ☒ Take outdoor breaks while working at the office
- ☒ Get up 20-30 minutes earlier



Something Different

Life is very tough these days, and if you are earning for your entire family, the burden increases even further and the work routine becomes very hectic. Many such people cannot find time for their exercise, and this results in health problems in the long run. There are some alternate methods and routines you can adopt which will compensate for your exercise needs perfectly.

Most of the fitness articles say that you have to adjust your schedule and add some gym-training time into your routine, but this is simply not possible when you are a single parent, an office manager, a responsible citizen, or a caring friend. All these roles require time and, in most cases, their fitness suffers.

Include Sports in Your Routine

If you cannot find time for your exercise routine, you can add sports into your schedule. Find some neighbours who would like to play with you, or if you have teenage children, you can ask them to join you. Sports like basketball and baseball are ideal, natural workouts that will keep you fit and active.

Take Your Kids for Walks

This activity allows you to free your muscles and also keeps your kids active and fit. Most kids with inactive parents fall into the same sedentary lifestyle. This walking exercise will make kids active and fit, and you can even add some jumping and some running activities in the walking routine.

Start a House Routine

It is perhaps difficult to find time to exercise over the weekdays, but the weekends are always free. Busy yourself in doing housework like vacuuming, mopping and sweeping, as all these chores are very healthy ways to work out and they also help you burn extra calories. Many men feel shy doing these household activities, but there is no need to feel

shame. After all, if your spouse can perform these chores, why not you? This will also help keep your relationship balanced and happier.

Take the Stairs Instead of the Elevator

There is a lot of debate about taking the stairs vs. the elevators. Some doctors suggest stairs are a good idea, but it is inapplicable for people with back problems. Those who are healthy and not suffering from any kind of back problem should always go for stairs instead of the lift, as this activity help you burn off some extra calories.

Some Freestyle Workouts

If you happen to have a very tight schedule and cannot afford to go to the gym, you can do some free exercises like yoga, push-ups and sit-ups. These exercises will not take up much of your time and you can perform them anywhere in your house.

Take Outdoor Breaks While Working At the Office

Most people who work in offices prefer to stay indoors during break timings and order food at the office. This is an unhealthy sign, because you should always go out during break times and take a brisk, short walk. This small walk will also improve your mood and increase your concentration level.

Get Up 20-30 Minutes Earlier

If you really want to increase your fitness level and are serious about improving your body health, you should get up 20-30 minutes earlier than your normal routine. Utilize these extra minutes to take a walk, do some free workouts, jog, do yoga or any other healthy activity.

Chapter 4:

Stress Relief

Synopsis

Stress relief is another important factor which improves your overall physical health. In this chapter, I will guide you in the proper stress relief plan.

- Controlled breathing exercise
- The stimulating breath
- Breath counting



Tension

If you can control your stress, it will help improve both your mental and physical health. Oftentimes, an exercise, a walk or some other activity is the best way to release stress.

In addition to physical activities, effective breathing exercises can also help you release your tensions.

These techniques have been followed by people for centuries with very positive results. Given below are some effective breathing exercises which can help you to control all feelings of anger, anxiety and stress.

Controlled Breathing Exercise

To execute this breathing exercise, you need to be in a very calm environment with no disturbances. Normally, a beach or a park is the best place to do this exercise, since there are minimum disruptions in these places.

You have to sit and let go of all unnecessary thoughts. Just focus on that moment and on your current position. Close your eyes and inhale very slowly through your nose. Take several seconds to complete this breath. Pay very close attention to your breathing and make sure you are taking ample time to breathe.

You need to extend the time as much as you can, starting from 3-5 minutes a day up to 15-20 minutes per day. This exercise is very soothing and effective for all kinds of anxiety disorders and stress control. It is particularly recommended for people who suffer from panic attacks, insomnia and other similar problems.

The Stimulating Breath

This breathing exercise is also called “bellows breath”. It is taken from a yogic breathing technique and is used to raise energy levels and increase alertness.

You need to inhale and exhale rapidly through your nose by keeping your mouth closed but very relaxed. Keep the breaths as short as possible. Normally you can go for three in and out cycles per second, breathing

normally after every cycle. You should not attempt it more than 15 seconds during your first try. Increase 3-4 cycles with every try.

If you can do this exercise effectively and with the proper technique, you will feel very energetic afterwards and your energy levels will increase, which will give you the very same feeling you get after a satisfactory workout.

Breath Counting

This is another very effective, yet highly simple, breathing exercise. If you do not feel comfortable inhaling and exhaling over shorter or longer intervals, give this exercise a try.

You just need to sit in a comfortable position and breathe, keeping count of your breaths. Count when you exhale for the first time and go on counting until you hit five, then repeat the cycle. This is just another type of diversion you provide for your mind.



Chapter 5:

Importance of Sleep and Tips for a Good Night Sleep

Synopsis

In this chapter, I will tell you about the importance of sleep and also guide you as to proper methods for taking a good and healthy sleep.

- Create an environment
- Keep the bed for sleeping only
- Establish a regular sleep cycle
- Watch your weekend routine closely
- Some other common routines to make you sleep better



Rest

Sleep is another important aspect of our lives, and it is an essential element for a proper and healthy life. Normally it is said that 6 hours of sleep a day are enough for a healthy person, but you can certainly increase this amount. Some people have this trouble getting enough sleep; this condition is called insomnia. It can be a temporary problem or it can be long-lasting. In either case, it is a very serious problem. There are certain things you can do to avoid this situation.

Create an Environment

You need to make sure that your bedroom environment is soothing enough to put you to sleep. This can be done easily by selecting an appropriate mattress and bed for your needs. You need to check different kinds of mattresses and then select one that suits you perfectly and affords you maximum relief.

Keep the Bed for Sleeping Only

You need to make sure that your bed is only used for sleeping, as I have seen people who use their bed for reading, watching TV and other activities. This should be avoided. Even if you use your bed for reading, try to read only pleasure books which can help you get some much-needed sleep.

Establish a Regular Sleep Cycle

Some people have the habit of sleeping and waking up at random times, but you should adopt and adhere to a regular sleep cycle. This will take some time to adjust to, but once you try to sleep and wake up at a fixed time then, your body's internal clock will adjust itself to that time.

Watch Your Weekend Routine Closely

This is another way you can add some more sleep into your life. Some people have the habit of sleeping and getting up late on weekends. This

disturbs the entire week's routine. You need to check your alcohol and caffeine intakes throughout the week. If you have been experiencing some sleeping disorder, you should closely monitor the caffeine intakes and limit them as much as possible.

Some Other Common Routines to Make Sleep Better

You should make sure to have an exercise routine during the day. But try to adjust its timing and make sure not to exercise in the evening. Some people have the habit of going to the gym after office hours, but this is a very improper routine and you should always avoid it. Try to keep your evening meals light and eat some salad along with your dinner. This ensures that you are not overeating and it will also increase your sleep. Get rid of thoughts of office work, family issues and other tensions before bed. These are all distractions which will only make you elude sleep.



Chapter 6:

Exercise and Its Rules

Synopsis

In this chapter, I will tell you about the basic rules and regulations for exercising.

- General rules for exercise
- Warm-ups and cool-downs



The Rules

Exercise is the key thing to physical strength without which you can never achieve 100% percent strength and fitness. It is likely very difficult to adjust your routine and add an exercise plan into your busy schedule. However, it is always advised that, if you are looking for long-lasting and reliable health, you should adopt some proper exercise plan and follow it regularly.

Sweat experts have divided exercise into three categories, which are as following:

- Aerobics
- Strength
- Flexibility

For all three categories, there are different exercises, and you need to choose one of the categories and concentrate fully on that.

General Rules for Exercise

Before starting any type of exercise, you need to follow certain rules, without which you will not be able to get full advantage out of these exercises. First of all, you need to make sure not to eat anything for 2 hours before any exercise routine. Eating within 2 hours of exercise makes you heavy and full, and you will not be able to do exercises with your full potential.

Drink as much water or other healthy fluids as possible before, during and after the exercise, because every exercise will cause you to sweat and you will need plenty of water to overcome the dehydration. You should also adjust your routine according to weather conditions.

I have seen people who become very rigid with their routine, but you should always leave some room for adjustment. If you feel irregular pains, constant fatigue or other similar symptoms, consult a doctor. Take

these symptoms as warnings from your body and make sure to correct them as quickly as possible.

Warm-Ups and Cool-Downs

Warm-ups and cool-downs are very important for a proper exercise plan. These routines help your body rest and prepare for the next workout. The transition of your body state from relaxed to stretched and vice versa is tough on the body, and warm-up and cool-down exercises help your body to attain that transition easily.

A regular adult needs more than 10 minutes of warm-ups before an exercise routine. This warm-up time should include some low-level aerobics like brisk walking. Older people need more warm-up time to prepare their muscles. Similarly, you should cool down after a workout, and walk slowly until your heart rate slows down to 10-15 beats above resting level.

If you stop too suddenly, it will lead to a sudden drop in blood pressure, which can create problems for older people. Stretching is a good process for cooling down, but you need to be very precise about it, as any carelessness may damage worn-out muscles.



Chapter 7:

Types of Exercises

Synopsis

We will end the journey of the Spartan's Routine with a review of the different types of exercises.

- Aerobics
- Strength and Resistance Increase
- Muscle Contractions
- Flexibility Training



Sorts

Different exercise routines have different effects on your body. To work out on a particular part of your body, you should know about the core areas being affected by a typical exercise routine. There are basically three types of exercise routines: aerobics, strength and flexibility. All these exercise plans have different effects on your body, which I will discuss over the course of this chapter.

Advantages of Aerobics

Aerobics are also called stamina-increasing exercises, as their core purpose is to give you increased stamina. These exercises help in building your body's endurance. You may experience increased heart rate for an extended period of time, which boosts your whole system through increased blood flow.

These exercises are especially helpful for people with back problems, as they strengthen the bones in the spine. For people looking to maintain a steady weight, aerobics is the best exercise routine which will always keep your weight in check.

Aerobics also helps you to improve your immune system and in fighting against regular diseases like flu, temperature and cough in a more systematic way.

Types of Aerobic Exercises

There are basically two types of aerobic exercises, which are categorized as low-impact and high impact.

Low-Impact Aerobic Exercises

Anyone with moderate health can do low-impact aerobic exercises like swimming, boating, climbing and step classes. There are many other examples of low-impact aerobics. Brisk walking is nearly equivalent to jogging in burning calories and it also involves a lower risk of injury.

High-Impact Aerobic Exercises

High-impact aerobics are only for professional sportsmen and for people who are quite overweight. These exercises include routines like tennis and weight-lifting. Older people should never attempt these exercise because they can be dangerous for weaker muscles.

Strength or Resistance Increase

As I mentioned earlier, aerobic exercises help you build stamina, but they do not give you a toned body. Aerobics do not focus on upper bodybuilding. To increase the strength in your upper body, you must do some strength-increasing exercises.

Strength-increasing exercises help you lose weight and burn fat at the same time. They also help you in maintaining bone density and improving your digestion system.

Strength-increasing exercise is the only type of exercise which is suitable for almost every age group; even people in their 90's can adopt these exercises. The basic emphasis of these exercises is on muscle growth and strengthening, because muscles are the main source of strength in the human body.

Types of Muscle Contractions

There are three types of muscle contraction routines available in strength-increasing exercise routines. In isometric contractions, there is no change in the length of the muscle; for example, pushing against the wall. Concentric contractions can shorten the muscles. Eccentric contractions can increase the length of the muscles.

Flexibility Training

Flexibility training is the last type of exercise routine, which is used to increase the strength and flexibility of muscles, and in addition to that, there are other benefits associated with it. The core purpose of this exercise routine is to avoid cramps, stiffness and muscle injuries. You can also add some breathing techniques in your flexibility exercise regimen. Most of the people use flexibility training along with some other exercise regimen to minimize the risk of damaging muscles.

Wrapping up

The whole concept of the Spartan's body is very simple in that you have to maintain yourself to get a killer body. If you maintain all the body parts and keep doing exercises along with a healthy diet plan, you can definitely achieve the Spartan's body in no time.

It has a lot to do with your mental health as well, because you cannot execute a proper and regular routine of exercise or even a diet plan without a strong will. Once you start an exercise routine or adopt a diet plan, you must always be consistent with it.

Some people adopt these health plans for limited periods and then complain about not getting the required results. You should know that these plans and exercises are for a lifetime, and you need to modify your lifestyle in totality in order to get the Spartan's body.

This is not about one month, two months or even 6 months; instead, you need to work hard and increase your strength level to the extent where your body will gain resistance against all harsh conditions. Your muscles should be well prepared for tough circumstances, and you should have enough energy to fight against regular diseases like temperature and flu.

If you can act upon even half of the routines I've explained, I am 100% sure you will be able to achieve a Spartan's body in no time. The Spartan's body does not mean that you need to have 22-inch arm muscles or a wide chest with 6 packs; rather, it means your body should have enough power to back you. It should have the required resistance and energy level to be called a healthy body. A healthy body will possess a healthy mind and will help you to boost your working stamina, and you will be more successful in your life. People with weaker bodies always lack that spark of success, so if you really want to be successful in your life, you need to implement all the above-mentioned routines in your life.

