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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 foot 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:

An Overview of the Fundamental Principles

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 to 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.

Chapter 4:

Stress Relief

Synopsis

Stress relief is another important factor which helps you in improving your overall physical health and I will guide you for proper stress relief plan in this chapter.

- ❖ Controlled breathing exercise
- ❖ The stimulating breath
- ❖ Breathe counting



Tension

If you can control your stress then, it is helpful for both mental and physical health and most of the times, an exercise, a walk or some other similar technique is the best way to release your stress.

This is not effective always that you have to go for jogging or a walk to release your tension. Effective breathing exercises can also be a very good source to release your tensions.

These techniques are being followed by people from centuries and most of the people have very positive results associated with these techniques. Following are some of the 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 have a very calm environment without any human disturbance. Normally a beach or some park is the best way to execute this exercise because in these places, minimum disturbance is expected.

You have to sit right up and get rid of all the unnecessary and thoughts from past. Just focus on that moment and on your current position. Close your eyes and inhale very slowly through your nose and take several seconds for completing this breath. You need to pay very close attention

towards your breathing and make sure that you are taking your time to breathe. Do not hurry into the process and inhale and exhale very slowly.

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

The Stimulating Breath

This breathing exercise is also called bellows breath. This is taken from a yogic breathing technique and it is used to raise the energy level and to increase alertness.

You need to inhale and exhale through your nose rapidly by keeping your mouth closed but very relaxed. Keep the breaths as short as possible.

Normally you can go for 3 in and out cycles per second and you need to breathe normally after every cycle. You should not attempt it more than 15 seconds in your first try and you can increase 3-4 cycles with every try.

If you can do it effectively and with proper technique then, you will feel very energetic after this exercise and your energy level will increase which will give you a feeling which you often get after a very good work out.

Breathe Counting

This is another very effective breathing exercise and in fact the simplest of all. If you do not feel comfortable in inhaling and exhaling in longer or shorter intervals then, you must try this exercise because there is no such thing involved.

You just need to sit in a comfortable position and start taking breaths and start counting them as well. Count when you exhale for the first time as one and go on to count till 5 then, repeat the cycle. This is just other types of diversion which you provide to your mind.



Chapter 5:

Importance of Sleep and Tips for a Good Night Sleep

Synopsis

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

- ❖ Make an environment
- ❖ Keep bed just for sleeping
- ❖ Establish a Regular Sleep Cycle
- ❖ Watch your weekend routine closely
- ❖ Some other common routines to make sleep better



Rest

Sleep is another important aspect of our life and it is essential element for proper and healthy life. Normally it is said that 6 hours sleep in a day is enough for a healthy person but you can certainly increase it. Some people have this problem of getting less sleep and this condition is called insomnia. It can be temporary problem or it can be long lasting. In both situations, it is very dangerous. There are certain things which you can do to avoid this situation.

Make an Environment

You need to make sure that your bedroom is appealing enough to attract your attention and get 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 the one which suits you perfectly and gives you maximum relief.

Keep Bed Just For Sleeping

You need to make sure that your bed is just for sleeping because I have seen people who use their bed for reading, watching TV and other activities but this should be avoided and you need to make sure that your bed is just for sleeping and even if you use your bed for reading then, read only pleasure books which can help you to get some sleep.

Establish a Regular Sleep Cycle

Some people have this habit of sleeping and getting up at random times but you should adopt and practice regular sleep cycle. This will take some time to adjust but once you try to sleep and wake up at fixed time then, the internal clock of your body will adjust itself to that time and will become sleepy at certain times.

Watch Your Weekend Routine Closely

This is another thing which can add some sleep to your life or it can make things worse. Some people have this habit of getting up late at weekends and also sleeping late. This disturbs the whole routine of the week. You need to check your alcohol and caffeine intakes throughout the week. If you have been experiencing some sleeping disorder then, you should closely check the caffeine intakes and limit them as much as possible.

Some Other Common Routines to Make Sleep Better

You should make sure that you have some exercise routine during the day. But try to adjust its timing and make sure that you do not exercise in the evening. Some people have this habit of going to gym after office but this is a seriously bad routine and you should

Always avoid that. Try to keep your evening meals light and take some light salad with your dinner. This will ensure that you are not overeating and will increase your sleep. Get rid of all your office work, family thoughts and

other tensions before bed. These are all distractions which can give you trouble in sleep.



Chapter 6:

Exercise and Its Rule

Synopsis

In this chapter, I will tell you the basic rules and regulations for doing exercise.

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



The Rules

Exercise is the key thing to physical strength and without exercise you can never achieve 100 percent strength and health. Although, it is very difficult to adjust your routine and add exercise plan in your busy schedule but it is always advised that if you are looking for long lasting and reliable health increase then, you should adopt some proper exercise plan and then, 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 on that category.

General Rules for Exercise

Before starting any type of exercise, you need to follow certain rules and these rules are very necessary to adopt because without following these rules, you will not be able to get full advantage out of these exercises. First of all, you need to make sure that you are not eating anything 2 hours

before any exercise routine. Eating within 2 hours of exercise, gets you heavy and you will not be able to do exercise with your full potential.

Drink as much water and some other healthy fluid before, during and after exercise because every exercise will cause you to sweat and to overcome that dehydration, you will need plenty of water. You also should 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 an irregular pain, constant fatigue and other similar symptoms then, you should always consult some doctor and tell him your detailed problem. You can take them as warnings from your body and should do something to correct them as soon as possible.

Warm-Ups and Cool Downs

Warm-ups and cool downs are also very important for a proper exercise plan. These routines help your body to rest and prepare for the next work out. Transition of your body state from relaxed to stretch or stretched to relax is difficult for body and warm up and cool down exercises help your body to attain that transition easily.

A normal adult person needs more than 10 minutes of warm up exercise before any exercise routine. This war up time should include some low level aerobics like walking briskly and similar other exercises. Older people need

more warm up time to prepare their muscles. Similarly, you should cool down after work out and walk slowly until your heart rate becomes 10-15 above resting level.

If you stop too suddenly then, it will decrease your blood pressure suddenly and that can create problems for older people. Stretching is a good process for cooling down but you need to be very precise about stretching because it can damage some worn out muscles.



Chapter 7:

Types of Exercises

Synopsis

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

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



Sorts

Different exercise routines have different effect on your body and to do work out on some particular parts of your body, you should know about the core effecting areas of a typical exercise routine. There are basically three types of exercise routines available which are aerobics, strength and flexibility and all of these exercise plans have different affects in our body which I will tell you in rest of this discussion.

Advantages of Aerobics

Aerobics are also called stamina increasing exercises and their core purpose is to give you increased stamina. These exercises help you in building endurance in your body. You can have your heart rate increased for an extended period of time which boosts your whole system by increased blood flow.

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

These also help you to improve your immune system and you can fight against regular and normal diseases like flue, temperature, and cough in a more systematic way and these will not affect you much.

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 a moderate health can get himself into low impact aerobic exercises like swimming, boating, climbing and step classing are some of the examples but there are lot many other low impact aerobics. Brisk walking is almost equivalent to jogging in burning calories and it also involved less risk of injury.

High Impact Aerobic Exercises

High impact aerobics are only for professional sportsmen and for those who are really over weight. These exercises include routines like tennis, weight lifting and others. People with little old age should never attempt these exercise because they can be dangerous for weaker muscles.

Strength or Resistance Increase

As I mentioned that aerobic exercises help you to build stamina but they do not get you toned body as you can say that you cannot get Spartan's body from just aerobics. Aerobics do not give attention to your upper body building. To increase the strength in upper body, you must do some strength increasing exercises.

Strength increasing exercises help you to lose weight at the same time burning fat. They also help you to maintain bone density and improve your digestion system.

Strength increasing exercise is the only type of exercise which is suitable for almost every age group and people in their 90's can adopt these exercises and it can help to maintain your muscles. Basic emphasis of these exercises is on muscle growth and strengthening because muscles are the source of strength in human body.

Types of Muscle Contractions

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

Flexibility Training

Flexibility training is the last type of exercise routine which is basically used to increase the strength and flexibility of muscles but other than increasing the flexibility, there are other benefits also associated with it. The core purpose of this exercise routine is to avoid cramping, stiffness and injuries in muscles. You can also add some breathing techniques in flexibility exercise regimen. Most of the people use flexibility training along with some other exercise regimen to minimize their risks of damaging muscles.

Wrapping up

The whole concept of Spartan's body is simple that you have to maintain yourself, in order to get that kind of body. If you maintain all the body parts and keep doing exercise along with some healthy diet plan then, you can definitely get that kind of body in no time.

It has lot to do with your mental health also because you cannot execute a proper and regular routine of exercise or even diet plan without a very strong will. You need to be very strong and once you start some exercise routine or start to adopt a certain diet plan then you must adopt it with consistency.

Some people adopt these kinds of plans for certain periods of time and complain about not getting the required result but you should know that these plans and exercises are for life time and you need to completely modify your life style, in order to get Spartan's body.

This is not about one month, two months or even 6 months, instead you need to work hard and get your strength level to that extent where your body can have resistance against all harsh conditions, your muscles should be well-prepared for tough circumstances and you should have enough energy to fight against any ordinary disease like temperature, flu and other similar mild diseases.

If you can act upon even half of the above mentioned things then, I am 100 percent sure that you will be able to get a Spartan's body in no time. Spartan's body does not mean that you must have 22 inch arm muscles and a very wide chest with 6 packs instead it means that your body should have enough power to back you. It

Should have the required resistance and required energy level to be called a healthy body. 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 then, you must be implementing all of the above mentioned things in your life and get a healthy body.

