

Spartanology

Certification in resilience, health, fitness, and self-care



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THE ATHLETE IN YOU - WITH FITNESS EXPERT YANCY CULP

- Lesson 1: Intro - Light Up the Universe
- Lesson 2: Understanding Your Fitness Level
- Lesson 3: How to Set Yourself Up For Success
- Lesson 4: Become Your Own Coach
- Lesson 5: Finding True Intention in Activity
- Lesson 6: Get Creative in Your Workouts
- Lesson 7: Attitude is a Choice
- Lesson 8: Finding Growth in the Discomfort
- Lesson 9: Moving Towards Consistency
- Lesson 10: What You Do When No One is Watching
- Lesson 11: Light up the Planet
- BONUS: THE STORIES THAT PROPEL YOU (OR PROHIBIT YOU) - WITH DR. L

MAKE YOUR PLATE WORK FOR YOU - WITH NUTRITION EXPERT DAN MAGALHAES

- Lesson 1: Intro - Fuel Your Body Right, Fuel Your Body Well
- Lesson 2: Nutrition is a Process, Not a Product
- Lesson 3: Accountability is Key
- Lesson 4: Fuel the Right Way
- Lesson 5: Writing for the Win
- Lesson 6: The Purpose of Preparation
- Lesson 7: The Advantage of Adversity
- Lesson 8: Not Always a Party in Your Mouth
- Lesson 9: Stay on Your Plate
- Lesson 10: Honor the Needs of Your Body
- Lesson 11: Taking it Off the Plate
- BONUS: YOUR SPARTAN VEHICLE - TUNED AND GASSED - WITH DR. L

BECOMING A LEADER IN YOUR OWN LIFE - WITH LEADERSHIP EXPERT PETE COHEN

- Lesson 1: Intro - Inspire Yourself, Inspire Others
- Lesson 2: Take the Lead, Live Big T
- Lesson 3: Make a Personal Promise
- Lesson 4: Celebrate the Victories
- Lesson 5: Build Willpower, Find Peace
- Lesson 6: Your Time as Currency
- Lesson 7: Bring it On!
- Lesson 8: Get Your Hustle On
- Lesson 9: Reprogram Your Mind For Success
- Lesson 10: Honor Your Word
- Lesson 11: Think and Grow Rich
- BONUS: Looking Inward to Elevate Outward with Dr. L

WIN THE WAR WITH YOUR MOOD - WITH FEAR AND ANXIETY EXPERT KRISTEN ULMER

- Lesson 1: Become an Expert on Your Mood
- Lesson 2: Committing to Your Awareness Practice
- Lesson 3: Understanding Your Resistance to Emotions
- Lesson 4: Accepting the Negative Moods in Your Life
- Lesson 5: Finding Comfort in Discomfort
- Lesson 6: Learn How to Respond to What Hurts
- Lesson 7: Feeling Your Feelings
- Lesson 8: Shifting Your Language
- Lesson 9: From Resisting to Embracing
- Lesson 10: The Wise Spartan
- BOOSTING YOUR EMOTIONAL IQ - WITH DR. L

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