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ARCHIVED PRODUCT REVIEWS

THE BEST HEAD AND ARM SHMATAS BY FAR > BONDI BAND DELIVERS TRUE NON-SLIP PERFORMANCE



Every once in a very long while, a product comes along that, while seemingly similar to dozens of its competitors, distinguishes itself with its superior functionality.

A headband is a headband is a headband, right?

Wrong.

Everyone with a strip of cloth can lay claim to offering a nifty bandana, but field-testing relegates nearly all of those to the rag bin.

Bondi Band is different. Sure, they look like any other headband, doo rag, or bandana, but they don't slip.

Position a Bondi Band headband as you like, cinch it up securely, and that's it. Squirm your way through mud, foam pits, or even barbed wire-lined trenches, and it'll end up right where you left it. We wish we could say the same for our undies!

No more futzing around with your hair and headband while you're competing, Bondi Band gives you peace of mind that, while your muscles, tendons and ligaments face a precarious journey, at least your headband will stay put.

The headbands are part of a full line of head, arm, and leg shmatas, which include arm sleeves, compression socks, hair ties, neck gators, towels, armbands, wristbands, and even stuff for babies and pets. They're available in a variety of colors and styles ñ just like their competitors ñ but they also offer a customization option. For a slight upcharge, you can add your name, logo or mantra to nearly any of the

Bondi Band products. Ours say, iBAMF.î (Bad Ass Mudder Fugger).

Best of all, Bondi Band products are not the handiwork of some overseas sweatshop; each is designed and crafted in Lewiston, Maine (or nearby ñ the family-run company has grown so much over the past few years, we're guessing they're renting production space in neighboring towns by now).

And best, best of all, Bondi Band is a socially responsible company, donating 10% of its annual profits to a designated charity that changes each year. For 2014, the very worthy charitable organization is the Dana-Farber Cancer Institute from Boston, a world leader in adult and pediatric cancer treatment and research.

For building a better headband, compression sock, and armband, we salute you, Bondi Band!

PAPA STEVE'S NO JUNK PROTEIN BARS - PRODUCT REVIEW



Let's be honest about protein bars: They taste like crap. And we don't mean figuratively, either. We mean literally. They taste exactly, precisely, and the same as doody. Poop. Dung.

It's no wonder. Have you ever read the ingredients label on one of those things? It's like a chem lab shopping list. Hydrolyzed collagen?! d-Calcium Pantothenate?! Cyanocobalamin?! WHAT ARE WE, LAB RATS?

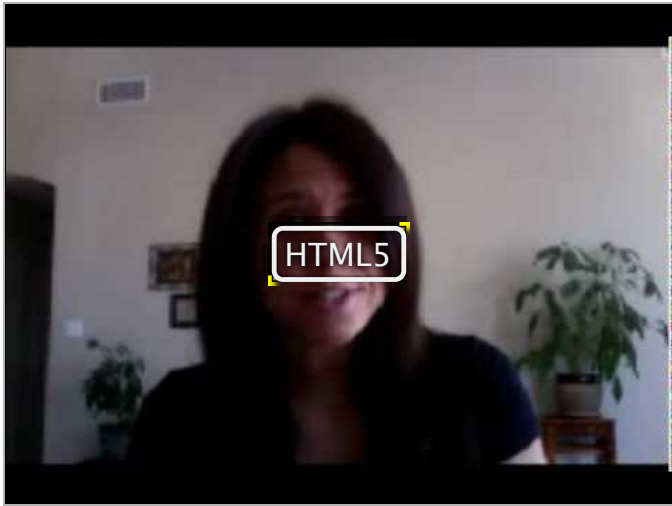
There's a better bar. We've tasted the future of protein bars and its name is Papa Steve's No Junk Protein Bars. The bars are seriously good. And the best way to start telling you about why we like them so much is to tell you what they don't have:

No GMO. No preservatives. No refined sugars. No soy. No wheat.

In short: No crap.

Just a lot of real food: Peanut and organic almond butters, organic dates, organic cacao, organic brown rice puffs (we get it, we get it: organic). And freeze dried fruits, too. The thing is, they don't cut corners, their bars are made with 100% recognizable food names, things that you'll find at your local supermarket, not NASA.

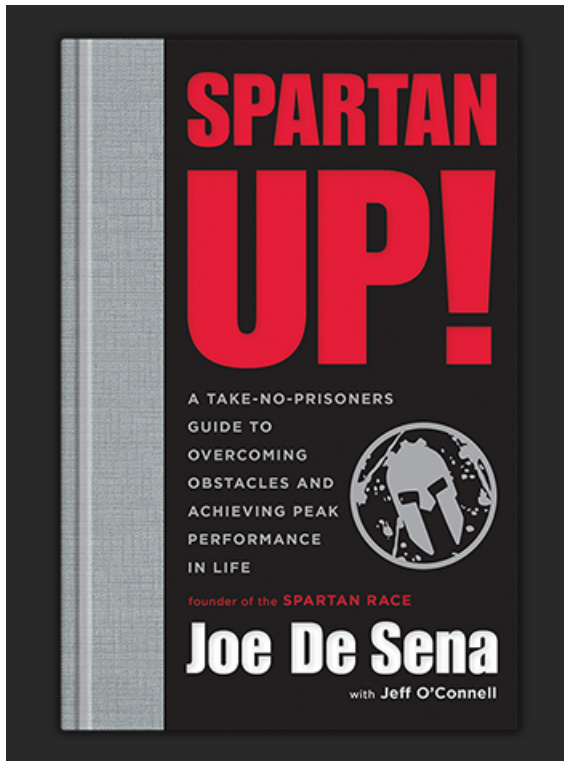
Plus, the bars are tasty. OK, not Ruth's Chris Porterhouse tasty. But flavorful. Like real fruit and nuts and cocoa and cinnamon taste like. And while they lack d-Alpha Tocopheryl Acetate, they offer plenty of vitamins and nutrients. Each 2.5-ounce bar weighs in at 320 calories and contains 20g of cold processed whey protein, 10.5g of fiber (!), and 33g of carbs. They won't make a mud pit any less challenging. But they do a great job holding off hunger pains while giving you an extra boost. Check out this clip from a happy fan:



Papa Steve's No Junk Protein Bars are available in a variety of flavors, including: Dairy Free Peanut Butter Choco Chip Raw Protein Bar, Almond Coconut Crunch Raw Protein Bar, Cranberry Almond Crunch Vegan/Dairy Free Raw Protein Bar, Apple Cinnamon Crunch Raw Protein Bar, Blueberry Almond Crunch Raw Protein Bar, Peanut Butter Choco Chip Raw Protein Bar, Dairy Free Banana Nut Crunch Raw/Vegan Protein Bar, Chocolate Coconut Crunch Raw/Vegan Protein Bar and Chocolate Cherry Crunch Vegan/Dairy Free Raw Protein Bar.

Website: <http://papasteves.com>

RUNKZ REVIEW OF SPARTAN UP! THE BOOK



What if you had the opportunity to have Joe DeSena, the driving force behind the Spartan Race, as your personal trainer? The connection could be closer than you think. After reviewing an advance copy of his new book *Spartan Up!* we at Runkz now have 24-7 access to the wisdom of Joe DeSena. Sure, he may be a little too busy to answer everyone's calls these days, but soon he'll be eternally accessible on your bookshelf. Like a true Spartan, he has figured out how to transcend time and space in order to be everywhere at once.

Obstacle Course Racing, of course, is not a typical marathon. Even the spectators at a Spartan event realize there is something a whole lot different going on. From a Spartan Race world view, we spend far too much of our lives giving in. We coddle those who whine that they "can't" instead of encouraging those who can. This, in essence is the inspiration behind *Spartan Up*. In equal parts Eckhart Tolle, Bruce Lee, and Tesla; De Sena is an unstoppable force of zen, strength, motivation, and innovation.

He's the tough but fair coach, the trainer who pushes you farther than you thought you could go. He's the teacher you hated all year until you ended up with an A grade.

The Spartan Lifestyle is not just about physical endurance, nor is De Sena simply an heir to the self-help throne of Tony Robbins. This is not a man who simply overcomes obstacles, this is a man who actually creates obstacles, in order that we may learn from the experience of overcoming.

With poetic grace, De Sena has turned the physical Spartan Race obstacles into metaphors for daily life. The book is based on a series of concepts such as: Question your Assumptions, Less is More, and Discipline is Everything. He writes about charging through mud, climbing a greased wall and becoming a modern day Spartan. These aren't just feel-good sayings to hang on a Successories poster. These are challenges that you, too, can conquer. You don't just have to read about it. You can enter a Spartan Race. You can apply the tools learned there to everyday life. DeSena is determined to show you how.

He speaks of ignoring life's small annoyances with a philosophy that could easily be taken from some of the Buddhist teachings of Shambhala nun Pema Chodron. The way De Sena speaks reminded me of this anecdote she gave about dealing with fear.

"You can listen to me, and you can have respect for me. You can even be convinced by me. But if you don't do what I say, I have no power." In that way, the student warrior learned how to defeat fear. (from the book *When Things Fall Apart*)



Spartan Up! will also be filled with real-life examples and anecdotes from current racers from many varied walks of life. Current or hopeful OCR competitors will no doubt find a kindred spirit in one or more of their stories. As in the races themselves, De Sena admits that he will "offer no map". It's up to you to overcome. *Spartan Up!* was written by De Sena in collaboration with Jeff O'Connell – editor-in-

chief at Bodybuilding.com. It is scheduled to be released in May 2014. In the meantime, Runkz is very excited to have had the opportunity to conduct a first-hand Q&A with the man who aims to turn us all into modern day Spartans.

[Check out our conversation with De Sena on the Runkz Blog >](#)

Order your copy of Joe De Sena's #BAMF Spartan Up! book on: www.spartanupthebook.com + Amazon.com

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