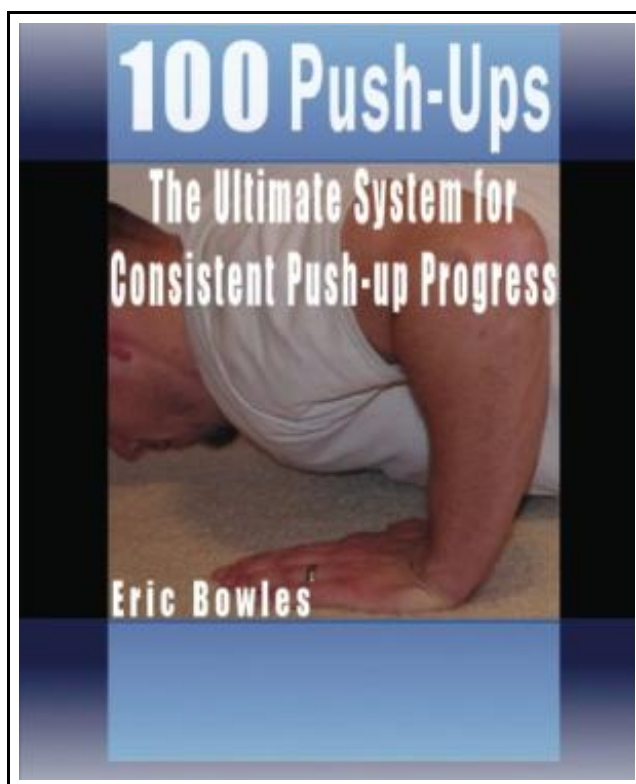


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Reviews

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 74 pages. Dimensions: 9.0in. x 7.3in. x 0.5in. If you've ever wanted to be able to do a lot of push-ups but found progress to be slow or nonexistent then **100 Push-Ups, The ultimate system for consistent push-up progress** is the answer you've been looking for. This book will provide you a simple, effective system for consistently increasing the number of push-ups you can do. Don't have a lot of time to exercise? No problem; the prescribed routines only require about ten minutes a day and can be done at any convenient time. Whether you're experienced with push-ups or a complete beginner, this book will give you the information you need to increase your push-ups to any level you desire. This book is informative, insightful, and takes a balanced whole-body approach to increasing strength and ability. Other push-up books prescribe programs with a fixed number of sets and reps which is restrictive and limits progress. In short, they keep you from achieving your potential as quickly as you can. These programs may work well for a few individuals or for a short time but will not help you realize long-term progress. This book does not contain a program; it contains a system. The system is flexible so it meets your individual, current need. You will be given a daily outline and a set of exercise rules which, if followed, will assure you long-term consistent progress and results. This system was developed by a life-long fitness enthusiast who had a goal to reach a level of push-up proficiency that most people only dream of. And once this system was up and running, he was able to more than double the number of pushups he...



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