



Drop and Give Me 100!: The Illustrated No-Nonsense How-To Guide to Reaching 100 Push-Ups and Building the Body of Your Dreams

By Grant Michaels

Createspace, United States, 2013. Paperback. Book Condition: New. Illustrated. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get the Arm Strength and Endurance You Have Always Wanted The push-up is one of the most fundamental exercises in any workout. That is why many training programs such as the military and police force use it as a primary exercise for fitness testing. However, many people, most likely you also, try to avoid them as much as possible because of the strength and endurance that is required to perform just one. Within Grant Michaels s push-up book he will teach you how to achieve the goal of 100 push-ups in one exercise setting. He will start by teaching you how to perform a standard push-up correctly and slowly build you up by giving you exercises that will build your upper body strength. He will further this by taking the strength you are developing and then teaching you how to build up your endurance. This will culminate in the finale of performing 100 push-ups in one set. Why Are Push-Ups an Essential Exercise? Push-ups may be one of the least fond exercises, but they are incredibly helpful to...



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