



7 Weeks to 100 Push-ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to Do 100 Consecutive Push-Ups

By Steve Speirs



Ulysses Press. Paperback. Book Condition: new. BRAND NEW, 7 Weeks to 100 Push-ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to Do 100 Consecutive Push-Ups, Steve Speirs, "As a symbol of health and wellness, nothing surpasses the simple push-up. It tests the whole body, engaging muscle groups in the arms, chest, abdomen, hips and legs." -- The New York Times If you're ready to massively increase your strength, follow the 7-week program in this book and you'll soon be able to complete 100 consecutive push-ups! You'll also transform your fitness, look great and feel even better as you sculpt every muscle from your neck down to your calves. Offering several custom-designed, day-by-day plans, this book has something for everyone: from beginners embarking on a new workout regimen to athletes looking to enhance their strength training program. Unleashing the power of the ultimate strength exercise 7 Weeks to 100 Push-Ups includes: *Instruction on how to do a perfect push-up *Muscle-by-muscle breakdown of strength-building *Challenging push-up variations.



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