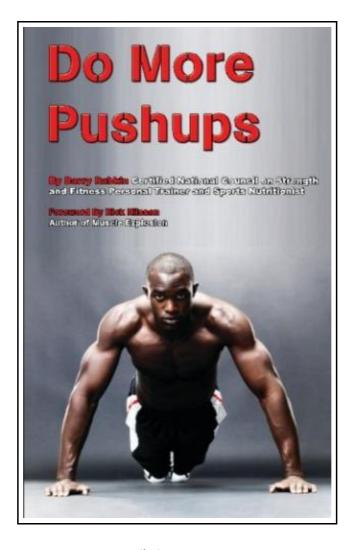
Do More Pushups



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Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

DO MORE PUSHUPS



Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn proven strength secrets from National Council on Strength and Fitness Certified Personal Trainer Barry Rabkin! Barry s step by step breakdowns make it easy for people of all ages and fitness levels to quickly master advanced strength training concepts. Barry has done a tremendous job explaining how to take your push up strength and endurance to a whole new level, you will see amazing gains in your push up numbers! - Nick Nilsson, Muscle Explosion Whether you re training for the Army fitness test or just life in general, Barry s tips will help you get ahead! - Al Kavadlo, NYC Bodyweight Strength Legend Personal Training Coach REACH YOUR GOALS: - Ace Your Police or Military Physical Fitness Test - Gain Strength Build Muscle - Lose Fat Increase Endurance - Impress Challenge Your Friends - Workout Without Weights Anytime, Anywhere. BOOK SECTIONS: 1) Strategy and Goals - Choose your personal goals and customize your training to eliminate sticking points and maximize results! 2) Pushup Workouts - An exhaustively-tested collection of the most effective pushup workouts! Find your favorite or throw new challenges at your body for fresh gains every time! 3) Plateau Busters - Our bodies quickly adapt to our workouts and thrive off new challenges. These methods let you blast through any plateau! 4) Pre-Test Preparation - Before your pushup test or contest begins, prepare your mind and body to give their best performance! 5) Test Taking Technique - Do more pushups by improving the efficiency of your form. Increase your stability and minimize wasted energy. Dramatically improve your performance by applying these techniques! Barry has learned secrets from world class strength trainers, Division 1 college...



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