



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

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"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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Jason Nunez:

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Henry Heath:

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there when the spare time coming to you of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, the actual book you have read is definitely 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-Ups.

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