



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

*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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