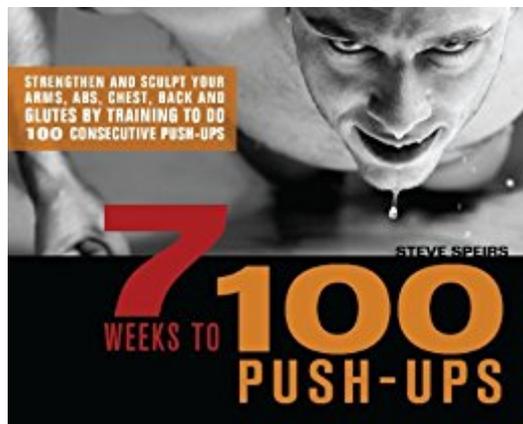


The book was found

7 Weeks To 100 Push-Ups: Strengthen And Sculpt Your Arms, Abs, Chest, Back And Glutes By Training To Do 100 Consecutive Push-



Synopsis

"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

Book Information

File Size: 8015 KB

Print Length: 128 pages

Publisher: Ulysses Press; 1 Original edition (June 1, 2009)

Publication Date: June 1, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B0033E14PK

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #435,073 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts

#84 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #150017

in Kindle Store > Kindle eBooks > Nonfiction

Customer Reviews

The book's full title is 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-Ups. That's quite a mouthful. It's also a very ambitious claim. Does the workout plan live up to the hype? Let's find out! Given the

unevenness of reviews for this book, I decided to volunteer myself as a fitness test monkey and take the 7-week challenge. What follows is my review after having gone through the complete 7-week program and following it exactly as outlined. Program It doesn't get any simpler than this. Nothing but push-ups, lots and lots of push-ups, split out over 5 to 7 sets each day, 3 days a week for 7 weeks. The number of push-ups varies for each set, following a pattern of low-medium-low-high in terms of repetitions. There are 3 workout levels, and the level you start at is determined by a "fitness test" you perform before starting the program. The fitness test consists of doing as many push-ups as you can with good form in a single sitting. Somewhat true to the book's title (see the Cons section below), the beginner level program will get you to 100 push-ups by week 7. The intermediate program that I followed will get you to 100 by week 5, and by the end of week 7 my last workout actually consisted of 200 push-ups. There is even a preliminary strength-building program geared towards someone who is unable to perform push-ups with good form. The advanced and preliminary programs are not reviewed. Equipment Given the minimalist nature of this workout, you really only need enough floor space to comfortably do the push-ups. However, I recommend using either a yoga mat or a towel as a base for your push-ups.

In spite of the mediocre 3 star rating I gave this book, I do think it is worth reading. The book makes a solid argument for the usefulness and functionality of a pushup based calisthenic program, has some good thought put into the warm up, cool down and stretching programs, and offers some challenging variations in a later chapters for those who thrive on more difficult challenges. However, if you aren't already in top shape or under 25, prepare for disappointment if you think you can follow these suggested schedules without some thought and modifications. They simply ramp up too high too soon. I took the diagnostic test, started at the suggested beginner level, worked out three times a week, got plenty of rest and recovery...and my progress stalled in week 5 and stayed stuck. After 7 more sessions where I made no more progress, I had to face the fact that some people (especially older trainees like myself) simply aren't going to be able to follow these schedules to the letter. So what to do? I think the multiple set volume training scheme here is worth keeping (as opposed to only doing 2-3 work sets), because it applies some well known facts about how the nervous system responds to this kind of stimulus. But someone who wants to be able to actually use this book to reach their fitness goals is going to have to finesse the progressions - perhaps by first starting out with easier variations (kneeling pushups or pushups off a bench, say) to get to their 100 rep totals before moving up to full fledged standard pushups. Or use the 10 step difficulty progressions from the ingenious "Convict Conditioning" bodyweight calisthenic program to move from wall pushups to

incline pushups to kneeling pushups...

[Download to continue reading...](#)

7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-Ups 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push- 7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to Do 50 Consecutive Pull-Ups 7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups How to sculpt a Greek God Marble Chest with Push-ups (Bodyweight Bodybuilding Tips Book 1) How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Total Body Lift: Reshaping the breasts, chest, arms, thighs, hips, back, waist, abdomen, and knees after weight loss, (n/a series) Felson's Principles of Chest Roentgenology, A Programmed Text, 4e (Goodman, Felson's Principles of Chest Roentgenology) Felson's Principles of Chest Roentgenology Text with CD-ROM, 3e (Goodman, Felson's Principles of Chest Roentgenology) Felson's Principles of Chest Roentgenology (Goodman, Felson's Principles of Chest Roentgenology) Reading the Chest Radiograph: A Physiologic Approach/Quick Reference to Pathophysiology on Chest Radiographs Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) 15-Minute Body Fix (3rd Edition): Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! (Exercise) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)

