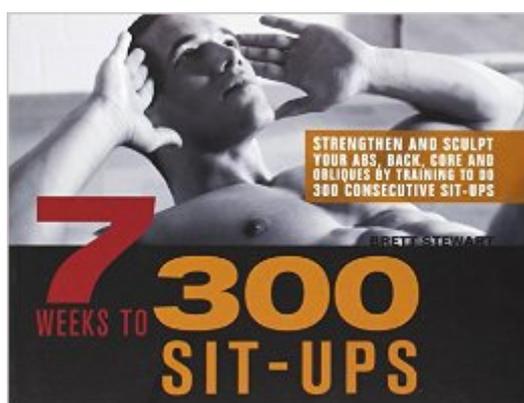


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# 7 Weeks To 300 Sit-Ups: Strengthen And Sculpt Your Abs, Back, Core And Obliques By Training To Do 300 Consecutive Sit-Ups



## Synopsis

ARE YOU READY TO SCULPT YOUR ABS? Follow the 7-week program in this book and you'll massively increase the strength and muscle tone of your core, back and obliques to such an extreme that you'll be able to do 300 consecutive sit-ups. Packed with clear charts and helpful photos, *7 Weeks to 300 Sit-Ups* tells you everything you need to know about the ultimate exercise for your core and includes:

- Instructions on how to do a perfect sit-up
- Easy-to-follow progressive training programs
- Added challenges for extreme strengthening

Offering field-tested, day-by-day plans and more than 30 core-shredding exercises, this book has something for everyone: from beginners embarking on a new workout regimen to athletes looking to expand their strength-training options.

## Book Information

Paperback: 152 pages

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Product Dimensions: 0.8 x 9 x 6.8 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (32 customer reviews)

Best Sellers Rank: #332,955 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#)

## Customer Reviews

Unless you're already very fit, you won't be doing 300 sit-ups in seven weeks. I am on week four of the beginners program and doing good so far. It's going to be more like twenty weeks for me, which is fine. Buyers should be aware that you'll need more than the book if you want to follow the suggested exercises - a stability ball, a medicine ball and a resistance band set. Maybe \$60 or \$70 for these, all together. [has a lot of options for these items.](#) The book is easy to follow, although at first, you'll be doing a lot of flipping through the book while exercising. The program mixes a series of exercises to build the core and the specific exercises change each session, so there's no way the exercises can go in order in the book. It's not just sit-ups that you'll be doing, so it's not boring. It takes me about 30 to 35 minutes to do each session, including rest periods, warm-up and stretching and there are three sessions per week. It's a good, solid work-out. One note that the first copy I

bought fell apart on me after the second session. The pages came apart from the binding and this prompts the four-star review. I returned the defective book and promptly replaced it with a new copy that is holding up better so far, although I'm treating it more gingerly. Steve Speirs has written several "Seven Weeks" book. I am doing

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7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups 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 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- 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) 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 Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs The Lever Bar™ Training Manual: For Stronger, Leaner & Muscular Abs, Obliques & Lats in Minutes a Day from Home 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) 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 Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) 1 Minute Core: Strengthen Your Core In Only 1 Minute? Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories 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) 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) Puppy Training: The Ultimate 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) How to sculpt a Greek God Marble Chest with Push-ups (Bodyweight Bodybuilding Tips Book 1) The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet)

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