



## 600 Push-ups 30 Variations

*Bob Weinstein*

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## **600 Push-ups 30 Variations** Bob Weinstein

"The best, most complete upper body exercise in the world is the push-up." - Lt. Colonel Bob Weinstein, USAR-Ret. Take your push-ups to a whole new level with thirty different types of push-ups from beginner to advanced. All 30 types of push-ups are clearly described and most are illustrated. Sculpt those arms, abs, chest and back with push-ups. You will find: - 5 and 10 week workout plans - Push-ups for men and women - World records for push-ups - History of push-ups and more

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