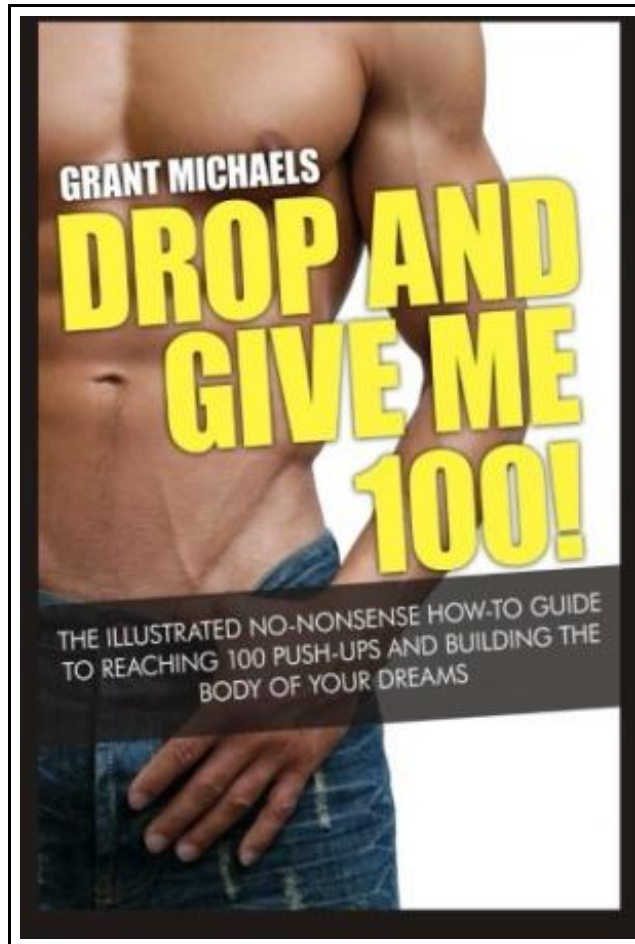


## Drop and Give Me 100!: The Illustrated No-Nonsense How-To Guide to Reaching 100 Push-Ups and Building the Body of Your Dreams (Paperback)



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## **DROP AND GIVE ME 100!: THE ILLUSTRATED NO-NONSENSE HOW-TO GUIDE TO REACHING 100 PUSH-UPS AND BUILDING THE BODY OF YOUR DREAMS (PAPERBACK)**



Createspace, United States, 2013. Paperback. Book Condition: New. Illustrated. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get the Arm Strength and Endurance You Have Always Wanted The push-up is one of the most fundamental exercises in any workout. That is why many training programs such as the military and police force use it as a primary exercise for fitness testing. However, many people, most likely you also, try to avoid them as much as possible because of the strength and endurance that is required to perform just one. Within Grant Michaels s push-up book he will teach you how to achieve the goal of 100 push-ups in one exercise setting. He will start by teaching you how to perform a standard push-up correctly and slowly build you up by giving you exercises that will build your upper body strength. He will further this by taking the strength you are developing and then teaching you how to build up your endurance. This will culminate in the finale of performing 100 push-ups in one set. Why Are Push-Ups an Essential Exercise? Push-ups may be one of the least fond exercises, but they are incredibly helpful to the human body. Most people only think that push-ups only serve the arms, but actually they help to increase the strength of your entire core. Performing push-ups correctly means helping each of the following additional body parts as well as your arms: Shoulders: Push-ups affect the rotator cuff muscles, and when these muscles are in shape push-ups become easier and so do many other exercises. Pectorals or Chest Muscles: Your chest muscles will get bigger as you are consistently moving the upper arms toward the center of your body. Upper Back: Push-ups work the rotator cuff muscles which help to...

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