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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

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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...

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