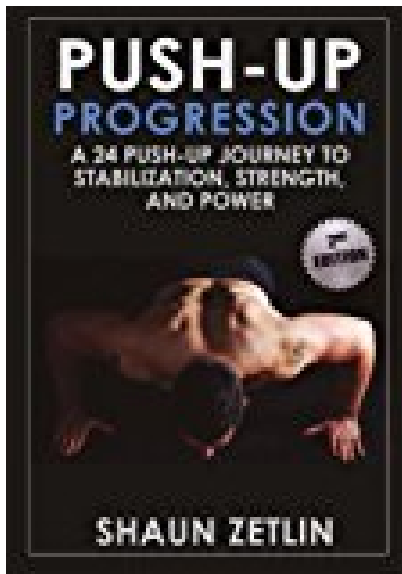


Push-up Progression A 24 Push-up Journey to Stabilization Strength and Power



BOOK DETAILS

- Author : Shaun Zetlin
- Pages : 176 Pages
- Publisher : Price World
- Language : English
- ISBN : 1932549854

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BOOK SYNOPSIS

Push-up Progression is a 24 push-up journey in stabilization, strength, and power achieved by performing a variety of unique and demanding push-up techniques. This book discusses how crucial the push-up is to training not just the upper body, but the core and lower body as well. By strength training your core-stabilization muscles first, and your core-movement muscles second, you will create overall functional strength while obtaining that lean, muscular look we all desire. Performing these push-ups will also improve your posture drastically while you develop more strength in your upper and lower body. The push-ups outlined in this book can be performed quickly and conveniently at home or on the road. Most importantly, no matter your fitness level, this book shows you how the push-up can benefit everyone. The 24 push-ups are categorized into sections on stabilization, strength, and power. There are also sections on hand and arm positioning, stretching, core training, and a progression and program section.

PUSH-UP PROGRESSION A 24 PUSH-UP JOURNEY TO STABILIZATION

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