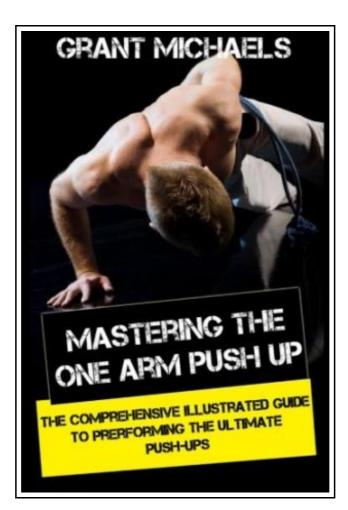
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MASTERING THE ONE ARM PUSH UP: THE COMPREHENSIVE ILLUSTRATED GUIDE TO PRERFORMING THE ULTIMATE PUSH-UPS (PAPERBACK)



Createspace, United States, 2013. Paperback. Book Condition: New. Comprehensive, Illustrated. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn How to Master the One Arm Push-Up Push-ups can get boring rather quickly; however, as any trainer worth his salt will tell you, they are a necessity to any serious workout regimen. If you are looking for more of a challenge, you have probably already considered trying the one arm push-up. If that is the case then why stop there, why not go all the way and learn how to do all one arm push-ups? Grant Michaels s has developed an excellent workout guide titled Mastering the One Arm Push-Up. This book is designed to teach you how to do exactly that. You will get a list of one-arm push-up workouts that will not only present a very real challenge but will also increase the strength in your upper arms, shoulders, back, and chest. What Is to Be Gained from Knowing Multiple One Arm Push-Ups? The one arm push-up is definitely impressive. There is no doubt about that. Strong-men have been using this move for decades as a way of demonstrating their strength. However, what you probably do not know is that these exercises offer many more benefits than are gained by performing regular push-ups alone. This is definitely a resistance exercise, which means that your muscles will build strength by using the resistance of your own body. This exercise helps your. . . Abdominals, Core, Chest, Shoulders, Triceps, Legs, Hips, and Buttocks. Do One Arm Push-Ups Present Any Benefits Outside of Muscle Building? Body builders and strength trainers are not the only individuals who find the one arm push-up to be very influential on their body. If you are seeking balance exercises, this is ...

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