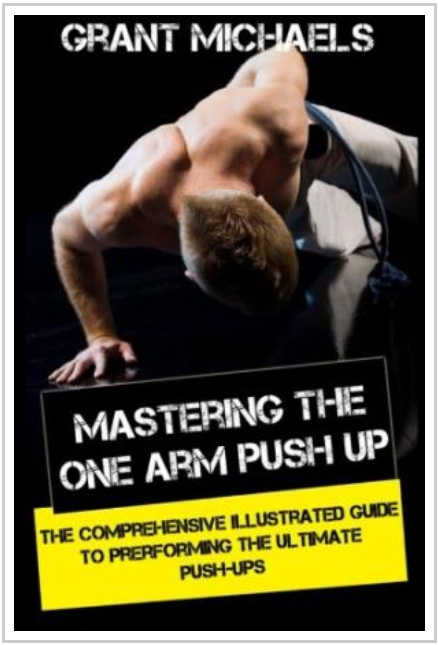


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Mastering the One Arm Push Up: The Comprehensive Illustrated Guide to Prerforming the Ultimate Push-Ups

By Grant Michaels

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...

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