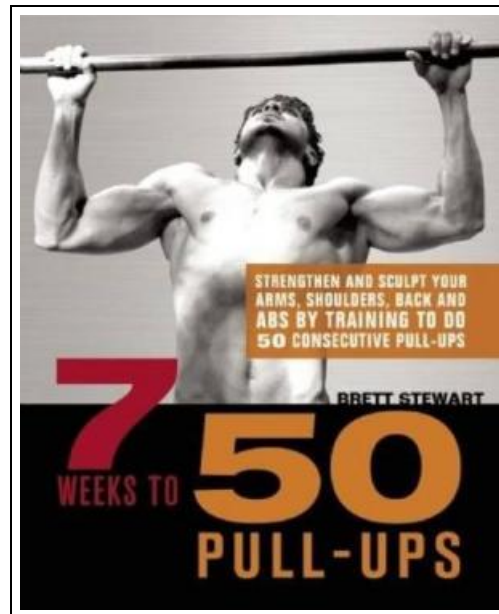


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Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Aliya Franecki)

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Ulysses Press, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. ARE YOU READY FOR THE ULTIMATE STRENGTH CHALLENGE? Follow the 7-week program in this book and you ll massively increase your strength, muscle tone and overall fitness to such an extreme that you ll be able to do 10, 20 or even an amazing 50 consecutive pull-ups! Offering several field-tested, day-by-day plans, this book has something for everyone: from beginners embarking on a new workout regimen to athletes looking to expand their strength-training options. Packed with clear charts and helpful photos, 7 Weeks to 50 Pull-Ups tells you everything you need to know about the ultimate strength-building exercise and includes: * Instructions on how to do a perfect pull-up * Easy-to-follow progressive training programs * Challenging pull-up variations.



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