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7 Weeks To 50 Pull-Ups: Strengthen And Sculpt Your Arms, Shoulders, Back, And Abs By Training To Do 50 Consecutive Pull-Ups



Synopsis

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

Book Information

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Customer Reviews

Let me first establish my basis for reviewing this book. As a former active duty and now retired soldier, I've used pull ups (with push ups and parallel bar dips) for 25 years in my personal fitness program. I also coach high school cross country and track which was why I was interested in this book. I wanted to learn how to train kids who were unable to do even one pull up. Let me first address the unfortunate title of the book that is why I will not award this book a 5 star rating. I suspect the title was the decision of the publisher's marketing department, targeting the larger, inexperienced/unsophisticated market segment that seeks instant (7 weeks!!!) results. The schedules in the book prescribe two 7-week phases to achieve the stated 50 pull-ups goals, and a 5-week prep course for the upper-body-strength challenged. However, I doubt the title goal of 50 pull-ups in even 19 weeks is realistic. After 25 years of doing an arduous regime of pull ups (parallel

bar dips and push ups) in circuit training format, and never scoring less than a max on the Army physical fitness test, I would be challenged to do 30, much less 50 consecutive pull-ups. Nowhere in the book does Brett Stewart, the author, establish the credibility of his 50 pull-up goal. Something like "after training hundreds of clients in the past 10 years with this program, I've achieved a 95% success rate," is needed. Lacking that, I recommend that the title be changed to something like "The Pull-Up Book". With that objection out of the way, there is much to be recommended about the book. As the author points out, pull-ups are efficient, and require no special training or significant investment in equipment.

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