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How To Sculpt A Greek God Marble Chest With Push-ups (Bodyweight Bodybuilding Tips Book 1)



Synopsis

From the author of the #1 BEST-SELLING BOOK: All you need is a Pull-up Bar
How many Push-ups can you do? 10? 20? 50? 100? Unfortunately, the number of reps doesn't matter. Take a look on Youtube for all kinds of push-up challenges and examine the chest development of the guys doing them. Most of the times it's insignificant, right? Does that mean push-ups are a bad chest builder? Not at all. It's just that most people don't know how to activate their chest muscles properly. As a result, they do numerous reps without ever seeing their chest ever getting muscular. How do you turn your chest muscles into in order to get maximum activation and muscle building? You do that by bringing intensity into your push-ups. And intensity is not about reps, it's about how you perform those reps. How to sculpt a Greek God Marble Chest with Push-ups teaches you all the tools you will ever need in order to produce intensity. There are 4 techniques in the book that you can use to increase the intensity of your pushups: Learn how to switch on your chest. That way you make every rep count. Pre-stretch the muscle. Why? A muscle which is fully stretched is maximally activated and can be built faster. Don't lockout on the top. If you do, you will lose muscle tension since your body's weight rests on your joints and bones. Lean your body forward. By doing it, you are lifting even more weight with every rep. You go from lifting 60% of your body to lifting up to 90%, progressively overloading your chest muscles. Implement these 4 techniques today and watch your chest become sculpted like a Greek's God. Don't hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page! P.S. You will also start noticing better pumps with every chest exercise you perform from now on.

Book Information

File Size: 1586 KB

Print Length: 38 pages

Publisher: Anthony Arvanitakis (December 8, 2015)

Publication Date: December 8, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B0195MBIIQ

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #21,905 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Gymnastics #2 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Sports & Outdoors #4 in Books > Sports & Outdoors > Individual Sports > Gymnastics

Customer Reviews

If you are a beginner and crave to build a solid muscle Chest, there is something for you in this book. If you are an intermediate and want to jump into the next level, there is something for you in this book. If you already have a good looking body (including chest), again there is something for you in this book. The Author demonstrates everything in detail in terms of this particular exercise that targets chest muscle building and covers every possible detail you can use to exploit every movement, every technique and every underground secret you may not even be aware of. The book comes with pictures and videos in order to make the techniques clear to you. You learn from a person who actually applies what he teaches and you can see results. His results speak for themselves for doubters and skeptic guys. (I actually invest in books when I see direct or indirect results of what the author teaches on him/herself. I strongly recommend this book. I give it 5 Stars because it's worth the investment. It helped me to go from useless repetitions to a solid and stable work out that actually build my muscles. No more unlimited repetitions, it's time rather for slow but correct work-out. Feedback will be added in the future in terms of my progress. Thanks Dude!Zourkas

In *How To Sculpt A Greek God Marble Chest With Push-ups*, Anthony reveals how less is more. It's a brief (but thorough) analysis of how the correct mindset, exercise form, and intensity are the keys to success, not endless and meaningless reps. Anthony also explains (with words and pictures) why many trainers work their triceps and shoulders performing push-ups, instead of their chest. This information alone will help you stay injury free...and target your chest muscles for mass gains. Many people judge a book by the number of pages. That's a mistake, because a lot of lengthy books are full of fluff...fat. *How To Sculpt A Greek God Marble Chest With Push-ups* has no fluff (fat); it's ripped with straight-to-the-point information that simplifies one powerful exercise – the push-up.

I've been doing pushups for many years and would of never thought that just a few changes in technique could make such a difference. Just adding them to the standard position feels like I've

added 40 pounds to my back. I look forward to the results and have already started to see a major difference. Really makes me think about the true credentials of a lot of the other fitness experts out there. Why have I never heard of any of these changes before. This guy really knows his stuff.

I learned about Mr. Arvanitakis via an article by The Art of Manliness. After the article I downloaded his free ebook and now have purchased this one. I've been doing push-ups for a long time and never understood why I wasn't getting results: now I know. The information Mr. Arvanitakis gives makes sense, breaks down the mechanics of doing good and effective exercise, and most of all, IT WORKS. I've been at it about four weeks now and have seen results I've never experienced before during my on again/off again attempts at finding a pushup regimen. Get this book. You will have to relearn some things but it will be worth it.

The book goes through and tells you how to do excellent pushups to work on your chest, why it works (though not too much of this[not a bad thing]), and some extra bits of observation with mental notes to make the content memorable and very easy to understand. Plus, it's short and sweet so improving your form isn't a big time investment (maybe a 45 minute read). Definitely buy it if you're looking for a way to improve how you build your chest muscles.

excellent tips and got me to read Homemade Muscle, which provides the perfect workouts for me. Learning to feel the muscle groups enables you to get the most from the exercise and avoid injury too. Three workouts a week brings results. Good stuff.

The author goes into great detail about the push up, and he gets right to the point. He lays down all the material in a concise manner, explains it well, and then encourages the reader to train the particular step they are on, all the while giving the reader helpful tips to avoid pitfalls of bad form and common mistakes. Quick read, but really enjoyable and informative.

I liked that it was short and concise, I've been doing push-ups for years and was at a point of doing 10 sets of 30 reps which was time consuming. Doing what is taught in this book I was barely able to do 6 sets of 15, a real eye opener. And I feel more of a pump doing it the way the book tells you!! Would Highly Recommend this book

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