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Arms, Abs, Chest, Back And Glutes By Training To Do
100 Consecutive Push-Ups By Steve Speirs**

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7 Weeks to 100 Push-Ups; 7 Weeks to 300 Sit-Ups; (7 Weeks to 100 Pushups* and 7 Weeks to 50 Pull-Ups) and was wondering your thoughts on combining both programs.

Steve speirs (author of 7 weeks to 100 push- ups)

Steve Speirs is the author of 7 Weeks to 100 Push-Ups (3.60 avg rating, 152 ratings, 16 reviews, published 2009), Steve Speirs s Followers. None yet.

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