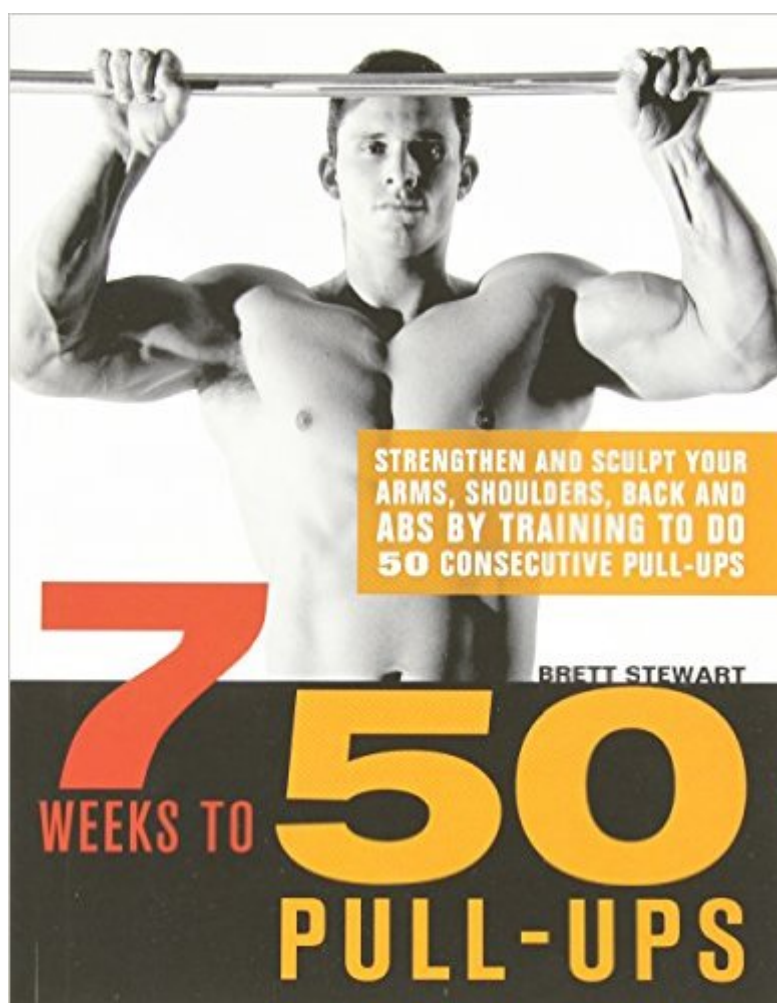


The book was found

# 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

Paperback: 128 pages

Publisher: Ulysses Press; 1 edition (May 20, 2011)

Language: English

ISBN-10: 1569759219

ISBN-13: 978-1569759219

Product Dimensions: 0.2 x 7 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (86 customer reviews)

Best Sellers Rank: #181,615 in Books (See Top 100 in Books) #34 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#)

## 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.

[Download to continue reading...](#)

7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to Do 50 Consecutive Pull-Ups  
7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-Ups  
7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups  
7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-Ups  
How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2)  
Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs  
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3)  
Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs  
An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less  
Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books)  
Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More  
Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy)  
15-Minute Body Fix (3rd Edition): Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! (Exercise)  
Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting)  
Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)  
Puppy Training: The Ultimate

Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) How to sculpt a Greek God Marble Chest with Push-ups (Bodyweight Bodybuilding Tips Book 1) Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles and More The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More!

[Dmca](#)