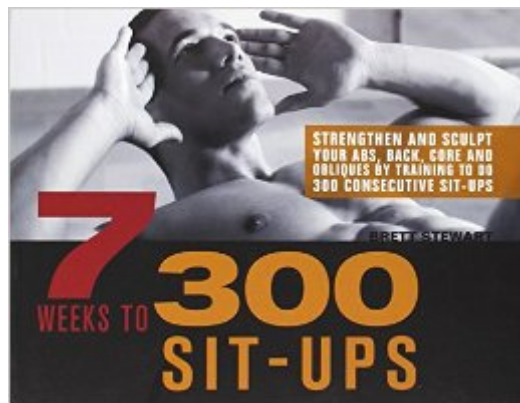


The book was found

7 Weeks To 300 Sit-Ups: Strengthen And Sculpt Your Abs, Back, Core And Obliques By Training To Do 300 Consecutive Sit-Ups



Synopsis

ARE YOU READY TO SCULPT YOUR ABS? Follow the 7-week program in this book and you'll massively increase the strength and muscle tone of your core, back and obliques to such an extreme that you'll be able to do 300 consecutive sit-ups. Packed with clear charts and helpful photos, *7 Weeks to 300 Sit-Ups* tells you everything you need to know about the ultimate exercise for your core and includes:

- Instructions on how to do a perfect sit-up
- Easy-to-follow progressive training programs
- Added challenges for extreme strengthening

Offering field-tested, day-by-day plans and more than 30 core-shredding exercises, this book has something for everyone: from beginners embarking on a new workout regimen to athletes looking to expand their strength-training options.

Book Information

Paperback: 152 pages

Publisher: Ulysses Press; 1 edition (April 3, 2012)

Language: English

ISBN-10: 161243049X

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Product Dimensions: 0.8 x 9 x 6.8 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (32 customer reviews)

Best Sellers Rank: #332,955 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#)

Customer Reviews

Unless you're already very fit, you won't be doing 300 sit-ups in seven weeks. I am on week four of the beginners program and doing good so far. It's going to be more like twenty weeks for me, which is fine. Buyers should be aware that you'll need more than the book if you want to follow the suggested exercises - a stability ball, a medicine ball and a resistance band set. Maybe \$60 or \$70 for these, all together. [has a lot of options for these items.](#) The book is easy to follow, although at first, you'll be doing a lot of flipping through the book while exercising. The program mixes a series of exercises to build the core and the specific exercises change each session, so there's no way the exercises can go in order in the book. It's not just sit-ups that you'll be doing, so it's not boring. It takes me about 30 to 35 minutes to do each session, including rest periods, warm-up and stretching and there are three sessions per week. It's a good, solid work-out. One note that the first copy I

bought fell apart on me after the second session. The pages came apart from the binding and this prompts the four-star review. I returned the defective book and promptly replaced it with a new copy that is holding up better so far, although I'm treating it more gingerly. Steve Speirs has written several "Seven Weeks" book. I am doing

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