



40 Fierce Push Up Bar Exercises for a Perfect Sexy Body: The Source for a Well Defined Toned Chest (Paperback)

By Brian D Baker

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Incorporating push up bars into your workout routine provides tremendous benefits including building well-defined and toned muscles (especially the chest), improving posture, increasing functional strength, engaging your muscles more intensively, and much more. You see, push up bar exercises are more effective than doing your traditional, hands on the floor pushups. With your body elevated 4-6 inches off the floor, you boost your range of motion, activate your forearm muscles and decrease stress on your joints and wrists. If you desire a sexier, broader chest, this guide will give you exact step-by-step instructions to reach your ultimate goal for that summer, beach body! About The Author Brian D. Baker is a personal trainer, ex-body builder and weight training enthusiast with over 20 years experience in health and fitness. Originally from Smithfield, Virginia, he currently resides in Atlanta, GA with his wife and two boys. His passion is to help his followers and personal clients achieve their optimal physique while still pushing them past their beliefs. Brian brings a fresh unique style to his routines where no workout is the same.keeping...



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