



# **7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to Do 50 Consecutive Pull-Ups**

*Brett Stewart*

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**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**

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