



# Push-up Progression: A 24 Push-up Journey to Stabilization, Strength, and Power

*Shaun Zetlin*

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Push-up Progression is a 24 push-up journey in stabilization, strength, and power achieved by performing a variety of unique and demanding push-up techniques. This book discusses how crucial the push-up is to training not just the upper body, but the core and lower body as well.

By strength training your core-stabilization muscles first, and your core-movement muscles second, you will create overall functional strength while obtaining that lean, muscular look we all desire. Performing these push-ups will also improve your posture drastically while you develop more strength in your upper and lower body.

The push-ups outlined in this book can be performed quickly and conveniently at home or on the road. Most importantly, no matter your fitness level, this book shows you how the push-up can benefit everyone.

The 24 push-ups are categorized into sections on stabilization, strength, and power. There are also sections on hand and arm positioning, stretching, core training, and a progression and program section.

### **About the Author**

Master trainer Shaun Zetlin successfully runs his own personal training business in New York City. Shaun earned his Bachelor's degree in English Literature and Writing from the University of Delaware. His articles, program designs, and award-winning tips have been published in a variety of books, magazines, and websites including: Weight Watchers, Demos Medical Publishing, Brides, Prevention, OnFitness Magazine, Fitness Magazine, and GO: AirTran Magazine. Shaun also has media experience in both television and radio, ranging from fitness modeling, to hosting his own weekly radio fitness show.



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