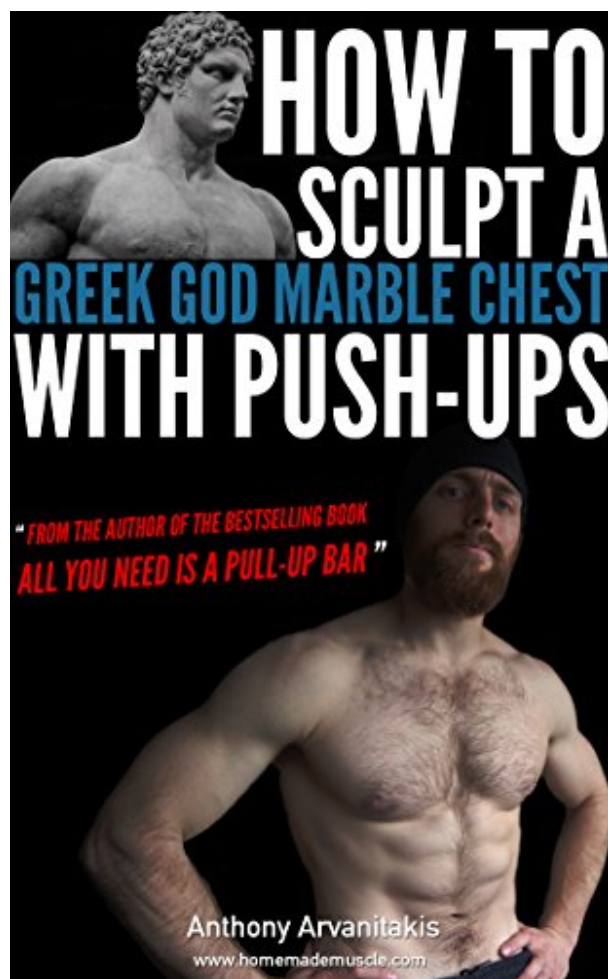


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Most helpful customer reviews7 of 7 people found the following review helpful.

Most people who do push-ups aren't doing them to their full potential.

By Amazon Customer

After reading your book and practicing the push-up (PUS) according to 'perfect' form was quite a shock to me. I was already aware of the mind-muscle connection idea that you share in your book but when I use the form you suggested in your book it adds a whole new level of challenge!

The techniques you discuss in your book aren't commonly found around the internet so it's not surprising that many people don't take the PUS exercise seriously when thinking about hypertrophy.

To complete a workout based on these PUS is challenging. It is necessary to do smaller rep sets in the training program (as you have suggested) just to finish the workout! Furthermore most people wouldn't know how to do decent form in 'normal' PUS (which are really just easy sets).

It's certainly humbling not being able to do as many reps, but I'm more interested in having a body similar to yours so I'm going to work on my PUS form to get me some bigger pecs.

I recommend this book to anyone who does PUS in their training and to people who think PUS can not be challenging.5 of 5 people found the following review helpful.

No fluff but straight to the point stuff

By zourab

If you are a beginner and crave to build a solid muscle Chest, there is something for you in this book. If you are an intermediate and want to jump into the next level, there is something for you in this book. If you already have a good looking body (including chest), again there is something for you in this book.

The Author demonstrates everything in detail in terms of this particular exercise that targets chest muscle building and covers every possible detail you can use to exploit every movement, every technique and every underground secret you may not even aware of.

The book comes with pictures and videos in order to make the techniques clear to you. You learn from a person who actually applies what he teaches and you can see results. His results speak for themselves for doubters and skeptic guys. (I actually invest in books when I see direct or indirect results of what the author teaches on him/herself.

I strongly recommend this book. I give it 5 Stars because it's worth the investment. It helped me to go from useless repetitions to a solid and stable work out that actually build my muscles. No more unlimited repetitions, it's time rather for slow but correct work-out. Feedback will be added in the future in terms of my progress.

Thanks Dude!

Zourkas4 of 4 people found the following review helpful.

In How To Sculpt A Greek God Marble Chest With ...

By Mike Joplin

In How To Sculpt A Greek God Marble Chest With Push-ups, Anthony reveals how less is more. It's a brief (but thorough) analysis of how the correct mindset, exercise form, and intensity are the keys to success, not endless and meaningless reps.

Anthony also explains (with words and pictures) why many trainers work their triceps and shoulders performing push-ups, instead of their chest. This information alone will help you stay injury free...and target your chest muscles for mass gains.

Many people judge a book by the number of pages. That's a mistake, because a lot of lengthy books are full of fluff...fat. How To Sculpt A Greek God Marble Chest With Push-ups has no fluff (fat); it's ripped with straight-to-the-point information that simplifies one powerful exercise – the push-up. See all 40 customer reviews...

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