

PERFECT • PUSHUP™

www.perfectpushup.com

Get Ripped Workouts

GOALS: Core Strength Training • Build & Tone Upper Body

Welcome to the Perfect Pushup. These exercises will improve your strength, endurance and endurance regardless of the level of fitness you are at now. Scheduled as one workout or several throughout the week, you have challenging workout drills for every fitness level.

Regular Position



UP

Position

Hands directly under your shoulders with your feet flat on the floor. Your body should be straight.



MID



DOWN

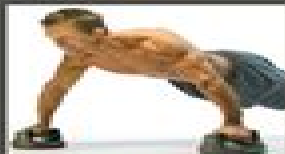
Position

Shoulder, elbow and hip are all in a straight line. Your body should be straight. Your hands should be directly under your shoulders.



UP

Wide Position



UP

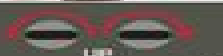
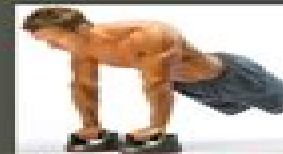
Position

Hands are far apart wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

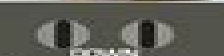
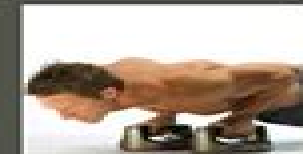
Close Position



UP

Position

Hands should be all the way close to the shoulders. Your body should be straight. Your hands should be directly under your shoulders.

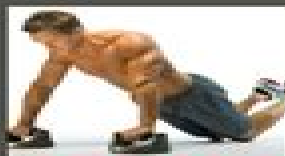


DOWN

Modified Workouts

These workout routines are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The challenge is not a test of strength, it is a test of endurance. If you are not able to complete the challenge, it is not a test of strength, it is a test of endurance.

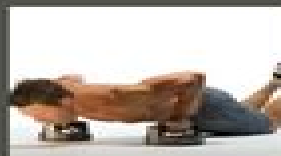
Knee Position



UP

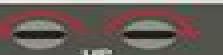
Position

Hands directly under your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

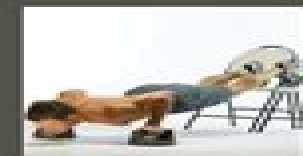
Chair Position



UP

Position

Hands should be all the way close to the shoulders. Your body should be straight. Your hands should be directly under your shoulders.



DOWN

Checklist

Item	Instructions
Feet	Feet should be flat on the floor.
Back	Back should be straight.
Arms	Arms should be straight.
Head	Head should be straight.
Core	Core should be engaged.
Feet	Feet should be flat on the floor.
Feet	Feet should be flat on the floor.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100	100	100
0:10	100	100	100
0:20	100	100	100
0:30	100	100	100
0:40	100	100	100
0:50	100	100	100
1:00	100	100	100
1:10	100	100	100
1:20	100	100	100
1:30	100	100	100
1:40	100	100	100
1:50	100	100	100
2:00	100	100	100

Schedule

Day	Regular	Wide	Close
1	100	100	100
2	100	100	100
3	100	100	100
4	100	100	100
5	100	100	100
6	100	100	100
7	100	100	100
8	100	100	100
9	100	100	100
10	100	100	100
11	100	100	100
12	100	100	100
13	100	100	100
14	100	100	100
15	100	100	100
16	100	100	100
17	100	100	100
18	100	100	100
19	100	100	100
20	100	100	100
21	100	100	100
22	100	100	100
23	100	100	100
24	100	100	100
25	100	100	100
26	100	100	100
27	100	100	100
28	100	100	100
29	100	100	100
30	100	100	100

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The challenge is not a test of strength, it is a test of endurance. If you are not able to complete the challenge, it is not a test of strength, it is a test of endurance.

Perfect Pushup Manual

C Cleary



Perfect Pushup Manual:

Technical Manual United States. War Department, 1965 **Laboratory Manual for Strength and Conditioning** Joshua Miller, Paul Comfort, John McMahon, 2023-05-25 The Laboratory Manual for Strength and Conditioning is a comprehensive text that provides students with meaningful lab experiences in the area of strength and conditioning and applied sport science While each lab may be conducted in a sophisticated laboratory there are opportunities to conduct the labs in a gym or field environment without costly equipment It is a useful resource as students prepare for a career as a strength and conditioning coach athletic trainer physical therapist or personal trainer The Laboratory Manual for Strength and Conditioning is designed to be a practical guide for training students and professionals in the skills to be applied to strength and conditioning The labs cover seven major aspects of strength and conditioning including speed power flexibility agility and fitness The labs are practical and easy to follow with sample calculations data tables and worksheets to complete Each includes suggested tasks activities to apply the theory to real world applications Students will explore assessments of strength aerobic capacity power output speed change of direction and muscular endurance and gain understanding in the following areas Definitions of commonly used terms within the area of exploration as well as commonly misused terms Assessing performance i e power strength speed etc Understanding laboratory and field based techniques for specific athlete populations Describing optimal methods for testing in all aspects of physical performance Evaluation of test results based upon sport and or athlete normative data The lab manual is a valuable resource for strength coaches personal trainers kinesiology students and educators at the undergraduate and beginning graduate level programs and can be used in a graduate strength and conditioning course **Soldier Support Journal** , 1983 Manuals Combined: U.S. Army TECHNICAL MANUAL OPERATOR'S MANUAL FOR UH-60A HELICOPTER UH-60Q HELICOPTER UH-60L HELICOPTER EH-60A HELICOPTER , BOTH MANUALS Approved for public release distribution unlimited DESCRIPTION This manual contains the complete operating instructions and procedures for UH 60A UH 60Q UH 60L and EH 60A helicopters The primary mission of this helicopter is that of tactical transport of troops medical evacuation cargo and reconnaissance within the capabilities of the helicopter The observance of limitations performance and weight and balance data provided is mandatory The observance of procedures is mandatory except when modification is required because of multiple emergencies adverse weather terrain etc Your flying experience is recognized and therefore basic flight principles are not included IT IS REQUIRED THAT THIS MANUAL BE CARRIED IN THE HELICOPTER AT ALL TIMES *The Protection Officer Training Manual* IFPO, 2003-09-26 This revised edition retains the exceptional organization and coverage of the previous editions and is designed for the training and certification needs of first line security officers and supervisors throughout the private and public security industry Completely updated with coverage of all core security principles Course text for the Certified Protection Officer CPO Program Includes all new sections on information security terrorism awareness

and first response during crises *Infantry* ,1981 *Gorilla Grip* Rahul Mookerjee,2017-11-08 Do you secretly wish you got comments like the below most of the time You ve got unnatural pulling power It has to be something to do with the exercises you do from folks that outweigh me by about a 1000 pounds well not really but you get the drift and folks from various disciplines of life including but not limited to those from the elite forces boxers weightlifters and the like You need to take it easy man when shaking hands with folks Man you re a skinny dude and yet you ve got this amazing grip strength not to mention the fact you re in shape Farmers wrestlers strongmen note I mean STRONG men not the bloated muscle boys you see preening their stuff in the gyms tennis players elite forces all over the world and martial artists What do the following groups of people have in common other than the fact they perform different types of physical activity on a regular and daily basis Some may have bulging muscles and some may not Some may be ripped to shreds UGH I think I m going to rip the next book apart that spouts that sort of nonsense and others might be solidly built Some might even need to lose a bit of weight while others might be so skinny you could hang a pair of freshly pressed trousers on them So and again what do these people all have in common Strength and stamina I hear some of you say Well good answer but what else A STRONG GRIP A farmer for instance might not have archetypical show muscles but grip his hand at the end of a long hard day his spent working on the farm and you ll quickly experience the closest thing you can to an actual gorilla s grip A wrestler s forearm might not look pretty and neither might his calloused and bandaged hands but those very mitts can take the typical bodybuilder s arm in a vice like grip that the bodybuilder would be hard pressed to even TRY and escape from and do things with it that would have the average pretezel blushing with shame that old line twist you into a pretezel A tennis player martial artist a boxer a gymnast you name it and the list goes on and on all people that perform physical activity on a daily basis different sorts but they have all that ONE thing in common i e a strong bone crushing vice like grip And this my friend is one of the most important parts of a human being s overall physical development The forearms fingers and wrist are what make up the gripping muscles and you use these in virtually ALL situations in daily life from carrying groceries up the stairs to lugging heavy furniture around To put it another way showy biceps might help you get the lady for instance but couple those with weak forearms and you ll never be able to carry her up that flight of stairs to your apartment You might be able to curl impressive poundages in the gym using straps and other aids but when it comes to doing pull ups on a thick bar a weak grip is what will let you down the most On the other hand a strong grip is an advantage in just about every situation The PLETHORA of exercises that I give you in 0 Excuses Fitness do a great job of building a vice like bone crushing grip and truth be told that s all you need if you do em right and yet there are those that want MORE Well I wrote *Gorilla Grip* for those of you that want more And here it is 16 exercises that should be done IN ADDITION to or in CONJUNCTION with NOT in place of the exercises I mention in 0 Excuses Fitness Enjoy **Masunaga Shiatsu 1st Manuals** Shizuto Masunaga,2019-07-04 In the 70 s Shizuto Masunaga Sensei creator of Keiraku shiatsu meridian shiatsu delivered fourweek correspondence courses

providing students with his own purpose written material We saw these course books during a visit to the Iokai Shiatsu Centre in Tokyo and given their valuable content decided to translate and publish them Other than their historical interest we believe the four volumes this is the first will be extremely helpful to shiatsu students practitioners and teachers alike The extensive topics covered in the four manuals range from the history of shiatsu the Japanese legislature on the subject how to execute pressure and the rules to follow basic techniques exercises for health shiatsu as first aid clinical shiatsu shiatsu for children and aesthetics

Gorilla Grip - The Compilation Rahul Mookerjee, 2018-10-19

Way way back in the day when yours truly was 17 years of age he fell out of a running bus on his right wrist and pretty much made a royal MESS of the wrist a decidedly non Gorilla grip wrist at that point I d say Though the wrist didn t hurt that bad at the time and though I was going to treat it at home myself I could barely move it in a clockwise and other manner and long story short I ended up going to a doctor who put it in a cast Probably the right thing to do and twas my right wrist which has always been a weak suit for me A few weeks later I remember having to go an examination in another town and my father was the one that took me there We had to stay in a hotel on the way and all of a sudden we met up with this one guy this guy about 6 2 in height and a tennis player at that And as we shook hands I made it very clear that I had an injured right wrist but he seemed not to listen and he gripped my hand with his own vice like grip tennis players have great grips and the pain I felt was beyond comparison But the worst part wasn t that the worst part was the look in the eye a look that he gave me unknowingly a look that spoke volumes A look of you re a weakling something I d heard ad infinitum growing up Something that I m sure would resonate with the great Charles Atlas if he was alive today You ve heard of Atlas I m sure The guy who used to routinely get sand kicked in his face at the beach who was to become one of the VERY BEST proportioned men in the entire world down the line It was at that point and perhaps also when the doctor who strapped my wrist gave me a sorry sort of look which spoke volumes as well that I decided I d get the STRONGEST grip I could get That I d work my grip with a passion and today bonafide gym MONSTERS and gorillas in their own right shy away from shaking hands with me and not because I intentionally try and crush hands either As Vincent a wrecking machine of a man if there ever was a one a 6 1 mountain of pure muscle and an ex Marine noted last year I ve never met anyone that gripped my hand naturally with a kung fu like grip like you do And so is it any wonder that despite not a lot of promos the two Gorilla Grip courses are the ones that sell the very best for me Is it any wonder that I constantly get remarks about my grip and how strong it is and other related comments Now note this If I had told folks of my goals back then at that point they d have literally LAUGHED in my face I d have got sand kicked in my face figuratively speaking and then some And NOW Well now it s the exact opposite and this truly IS a case of what Napoleon Hill famously once said i e Tell the world what you re going to do but SHOW em first What you ll get from this compilation The path breaking Gorilla Grip book as well as it s successor Gorilla Grip Advanced unparalleled value as it were and I m not done yet with the value part of it The info I m putting out in both these courses will give you

benefits and gains far far superior to what the average trainee in the gym doing sets of reverse curls or wrist rollers can ever hope to accomplish Two books with information gathered from having literally been in the trenches from day one in terms of physical exercises and REAL WORLD training and if you don't believe me just read what Vincent a mountain of a man and a good friend that has spent over 25 years in the U S Marines had to say in Gorilla Grip It's raw uncensored and STRAIGHT from the horse's mouth Learn the RIGHT way to grip and techniques that'll cause your gripping strength to explode almost instantly once you apply what is being taught Learn how to build Upper body strength that is OFF the CHARTS with the exercises mentioned herein And much much more Dive in NOW **SQUAT 101** Rahul Mookerjee, 2022-11-11 **DISCLAIMER** The exercises workouts and routines in this book are meant for people in good physical condition Stop if you experience any pain or other discomfort while doing these and visit a medical practitioner if you have any doubts The author is not a medical professional and is not responsible for injuries or other maladies that may arise as a result either direct or indirect of following the routines and exercises in this manual That said this book is probably along with 0 Excuses Fitness which didn't devote near as much attention to squats as it should have and Gorilla Grip and Pushup Central and my books on pull ups a MUST have for any serious trainee The exercise in this book will REHABILITATE not harm That has been the case for EVERYONE that has followed these routines and Dear Reader Man I gotta tell you I feel so damn ANNOYED when I write disclaimers of the sort I just did above which I didn't copy and paste from a template I should have one I gotta put it in though because no doubt there will be SOMEONE who tries these exercises does them wrongly and then turns around and in a typical trigger happy manner blames the author and the book for causing the problems when the reverse is actually true Legal disclaimers and all that I didn't pay much attention to these things before I rarely do even now but since we've grown to a certain level I gotta put it in And I almost done made the disclaimer into the introduction You that is reading this likely KNOW who I am Rahul Mookerjee the Stella Artois of Bodyweight Training Culture as this shi fu is called brutally honest to a T from day one and continuing on in that vein now If you ain't squatting you ain't training Period In Matt Furey's classic book Combat Conditioning Furey once penned something similar along the lines of if you're not doing Hindu squats you're not really doing Combat Conditioning Maybe maybe not but I get his drift To me I'd say squats period not necessarily just Hindu squats My book 0 Excuses Fitness which is the baseline for any serious fitness trainee has been called the very best there is in fitness out there there is NOTHING else that even comes CLOSE contains instructions on squats and an entire video digital download dedicated on how to do Hindu squats And a whole plethora of pushups indeed if you do what I did in the workout video the rest of your life you'll quickly get in great shape and advance beyond your wildest dreams But all along I had this niggling feeling I wasn't devoting enough attention to squats I did to pushups yes But even then I came out with Pushup Central another classic manual with 55 different ways on how to perform the world's oldest exercise and that was both very well received and very warranted and a classic example of DOING the thing first even though no one asked for it

Sometimes you gotta DO first The customer YOU sometimes has to be SHOWN the final product FIRST And back to squats for some reason a lot of the great books on bodyweight training culture don t talk a lot about em I would be remiss to leave out Brooks Kubik s Dinosaur Bodyweight Training here in it he says you should do squats daily and do em for the rest of your life He provides detail on them too but again nowhere near what this great exercise deserves And again as Rahul Mookerjee says if you ain t squatting you aint training period I don t care what else you do I don t care if you climb hills for four hours a day straight as I did and continue to do and it keeps in SUPER CONDITION I don t care if you bang out 250 straight pushups in the morning and then repeat in the evening I don t care if you re a stud at pull ups I don t care if you can bridge for hours on end all those things are great you SHOULD work up to those levels but again If you ain t squatting you aint training Sprinting doesn t replace squats Step ups don t even come close to me they are the lazy man s equivalent of leg training though don t get me wrong they are a great SUPPLEMENT But again There is a reason the ancient Hindus did squats galore for thousands of reps a day There is a reason the Gama swore by BOTH Hindu Pushups and Hindu SQUATS He was reputed to have done over 5000 squats and 3000 pushups daily and while these numbers are probably not entirely accurate the fact remains that bodyweight exercises were the cornerstone of his routine and ultimately what brought him PHENOMENAL SUCCESS he once lifted a 1200 kg stone that TWENTY FIVE regular people failed to budge on their collective That s an example of the power that bodyweight training can give you Look as I ve said repeatedly in my training newsletters there is nothing that beats the up and down motion of the body you get with squats it works the core and entire body like NOTHING ELSE Lots of folks think squats are just an thigh exercise Wrong Done right they work the thighs yes but if thats all you think you re working you ain t doing em right Squats tax the HAMSTRINGS a hugely ignored part of the body the calves obvious and also the entire back and CHEST They tax the BUTT muscles when done right The deep breathing you do or should do when doing squats enlarges the rib cage and improves functioning of the entire body improves assimilation and digestion of the FOOD you EAT gets rid of extra fat around the midsection and entire body quicker than almost any other exercise will and is an all in one exercise that you can do even when you re pressed for time Steve Austin oh hell yeah we all know him once made the comment of if you do squats I don t care what else you do youre going to grow For a wrestler on the road almost 365 days a year and a beast incarnate I d listen when someone like him says something Ditto for dips often called the upper body equivalent of the squat and pull ups but this book focuses on SQUATS Again if there was one flaw that I personally believe 0 Excuses Fitness had it did not devote near enough space in the 300 plus pages of the book to squats I believe it got close in terms of pushups but I put out two more books on pushups anyway And now I m doing the same with SQUATS Enjoy Some may get back to me at this point with well I squat with weights And thats great if you choose to do so However this book is about bodyweight squats which I truly believe tax the body FAR more internally at a deeper level than simply 5 sets of the heaviest squat you can do Indeed a lot of these guys that can squat Everest fall flat on their face or butt

when asked to do 100 straight Hindu squats for one and we ain't even getting to the tougher versions you'll see in this book. If they can even do them to begin with most flop out at 20 when they start and cannot walk properly for DAYS on end. Remember it ain't just bodyweight squats there is a whole ART to squats if you do em RIGHT I cannot tell you how much it irritates and annoys me aggravates the living hell out of me when someone approaches something with that it's just this attitude if that's the attitude you got then don't do the exercise in the first place. It doesn't need you you need it. Period. And last but not least if you have pre-existing injuries rods in your legs wonky lower backs and shoulders from years of either heavy squatting or lifting or even worse body building boobybuilding some of you might think well high rep will kill me. No my friend it won't. The way I teach you to do these exercises is UNLIKE any other you've seen out there those that have read my books know this I've never seen anything like your books out there. The INTENSITY is unparalleled like with me. And all these squats REHABILITATE they don't tear down. If you're currently in good shape they will get you in BETTER SHAPE and how. Because they tax you from the entire out. Your fascia your BREATHING your TENDONS joints ligaments all those ignored parts of the body will be worked heavily and to the bone not just your muscles. In fact done right bodyweight squats have been proven to increase BONE density too my friend much like upper body exercises like pull ups etc have. Best part though as I've said before You'll FEEL like a billion bucks. NOTHING trains the body and makes you feel better than heavy duty LEG WORK. Trust me on this one when you're walking around with that thighs rippling without you consciously doing it you'll know what I mean. Let's keep the focus on fitness though not looks. Those are a distant by product and as I've said tons of times before train for FITNESS train for functional STRENGTH not looks. Train for something useful train for something that can save your life and ass when you really really need it when no one else will help when it's YOU and just YOU against all of em train to have the gumption to beat the odds even when they're staggeringly against you train to have WILL train to have SOLID superhuman POWER and so forth. In short training should be practical and useful bottom line. And way too many people make it otherwise. Anyway I could write tomes all day on this and do on my site. But for this introduction we've gone on all enough so I'll stop here. Hehe. But as a last reminder remember if you ain't squatting Then you ain't training period. Onward LEG RIPPLING SWAGGER Without you even trying my friend I don't know if you know what I'm talking about but maybe you do. In 2002 I went to China for the first time at the age of 23 supposedly my best time when I was supposed to be in the best shape of my life. Yet for me it's been the opposite most of my life. When young I was never in good shape though I wanted to be and got ridiculous advice from all and sundry in terms of training such as lift pink 10 kg dumbbells for half an hour a day that's how the big guys build muscle. Or the he thinks he's so strong comments made by family members who did not know any better that tore me down mentally. This isn't me castigating family here. This is me being brutally honest with you about my LIFE and fitness and ME in general as I always am and telling you a story as I always end up doing all true hehe. REAL LIFE. Perhaps no other book fits the real keeping it real category better than THIS one the words BE flying out of my

mouth as I speak phew Deep breath But anyway so I went to China climbing the stairs to my fourth floor apartment left me dizzy almost and breathing hard when I had to lug suitcases up there My It was like I had to climb Everest And dont get me wrong I did other things back then I was a weight lifter I lifted real weights not 10 kg dumbbells People in the office would squeeze my forearms and say he s STRONG I still remember my mother who once made the he thinks he s so strong comment when I was young say the reverse when she saw me lug their suitcases up heavy ass 25 kg suitcases one hand at a time up to my apartment I ll never forget how you did that she exclaimed But even with all that a lot was missing I was strong but not anywhere NEAR fit And I could use my strength ONCE but nowhere near what it needed to be ie repetitively It was really in the September of 2003 or I believe 2004 I Think I first went to China in 2003 not 2002 as I said up there that my life changed Anyway I ll get the dates clear later when I met a certain Ann Lee The first time I dated her in the park right smack next to my house with a huge mountain in it I could SEE from my apartment yet for some odd reason I ignored this free fitness tool right in front of me we often do that the date was her idea the park I didnt even know it was there and we climbed the mountain I remember what a MESS I felt like when doing it I remember STRUGGLING up that damn hill like it was Everest right now I can slink up it easy peasy five times a day and it ain t an easy hill to hike trust me I remember how out of breath I was I remember my legs turning to jelly my lower back wonking out and calves burning and all along I remember a PUMP a massive PUMP in my forearms of all things I had NEVER felt with anything else I still remember the girls there giggling in that cute Chinese way and pointing at the fat lao wai foreign devil or wai guo ren old man from from foreign land climbing the hell Or was it hill Hehe It felt like the former I remember thinking when will this damn torture end Hehe That hill felt interminable I was going to put the picture from Advanced Hill Training here too maybe someday For now back to it THAT as a certain Kelly was to say years later is REAL TRAINING REAL HILL climbing I had experienced it before when climbing the Indian Himalayas so steep that when I asked my father to do it again once after a day the very vehement NO WAY was all the answer I needed Hehe Anyway where was I Swashbuckling thighs eh The hill caused a revolution in my life fitness wise most of it is here for you to see It CHANGED my life till this day I credit Ann Lee for doing this If she had not come into my life none of this would have happened Of course I credit my work on a certain Dongguan Expat website as well for that but thats another story Anyway I quickly got in better shape climbing that hill on the weekend then after Ann Lee kicked my rumpus again I was making excuses about not climbing after work it s too late or something I started doing it daily and a fitness machine emerged The lower back that had felt so wonky for DAYS after that first climb became STRONG The legs thighs especially turned into rippling pillars of STEEL from that climb My upper body fat disappeared my strength improved my PULL ups shot through the roof most of all I was seeing my GRIP strength improve by leaps and bounds which amazed me An idiot once wrote back on Gorilla Grip saying he claims he s improved his grip by NOT doing a single pull up for months but he doesnt say how he s done it Actually I did say He was just too dumb to read between the lines My core

strength increased x 10 my digestive issues went away but all of that is different another story what I m going to tell you about is one night I was walking to the bank to get some cash for a trip out of China and the way I was walking with my thighs bulging out naturally well I dont know if you guys have ever experienced that but it makes you feel like a BILLION BUCKS I repeat a billion bucks untouchable confidence like nothing else and it usually comes with a toned swagger to your CORE too strength you will NEVER lose I ve often tried to replicate this without having it and it showed People told me dont splay your legs out like that But when you have it naturally it shows too In the movie Get Carter Sly Stallone walks into see the owner of the pub where his brother Richie died now he s dressed in a full suit typical mob enforcer calm menacing quiet viper ready to strike if need be goateed to a T and so forth as my friend Lily once said looking like a bad ass He was But that walk to the desk much like my walk to the ATM that night the way the thighs rippled that understated SWAGGER that comes from being in SUPER SHAPE I ll never forget that You have to FEEL IT to UNDERSTAND And squats my friend are the ONE exercise that will give you this x 10000 Sure you can climb stairs you can hike hills all of that is great But like I ve said above nothing replaces squats You that can hike hills for hours might be amazed when you first get on some of the squats in my program you might not be able to do more than 25 and you might not be able to walk for days afterwards either Trust me on this one Squats do what NO other exercise does my friend and back to swashbuckling SWAGGER and machismo and feeling great well thats the icing on the cake but also the reason you should be DOING these in the first place On one last note some of you might ask though why do I need squats given what I ve said about other forms of training You might as well ask me why do you need to breathe or train or live in the first place it s that obvious Look like I ve said before nothing beats the up and down motion your body makes and the internal changes that go on your body the strength it builds the functional strength it builds throughout the whole body that you simply cannot get from any other movement When you wrestle for one what sort of positions do you have to constantly fight your way out of I dont think you re climbing a hill or stairs in that motion are you Squats have a CIRCULAR sort of motion my friend not just Hindus all squats that ensure you return back to where you started full circle a motion used in EVERYDAY life fighting walking all of it and again you have to squat first to truly understand it Sure the other methods I ve mentioned work but they dont work nearly as well as squats and NOT in the same manner Does that mean you dont do them Of course not You do BOTH You have ALL the fitness tools you need in your fitness toolkit not just one but you dont neglect the most basic and important one as most people DO Squats build EVERYDAY strength and functional fitness and I m talking BODYWEIGHT squats in a way nothing else can that is the most simple and concise answer I can give you There is a reason the old timers did these daily without fail and in high reps and if even that isn t enough for you you re at the wrong page and probably better off pumping and humping the leg press at the Jim FEROCIOUS SQUATS Way too many idiots and morons think and will say the bodyweight squat or the Hindu squat or any of the variants I m going to be teaching you in this NEVER SEEN BEFORE COURSE just a warmup Or it doesnt build muscle Or

the real deal is weighted squat and those should really be focused upon while the others Blah Just do it to get them over with and usually in a haphazard half hearted manner I m here to tell all these sort of people that they re grade A buffoons Not only are they choosing the path of most injury as opposed to least but they re also depriving themselves of the valuable tendon and ligament benefits you get from bodyweight work not to mention strength that can be used repeatedly without your legs giving out as opposed to 5 reps or 20 reps while squatting a cow or what not Dont believe me take the cow squatters ask them to pump out 100 hell 50 ferocious squats and we ll see FEROCIOUS SQUATS Maybe I should rename the book that Hehe Or maybe I ll leave it the way it is But really my friend When you do these remember too many people go through the motions and nothing else do NOT be one of those people I was resting this afternoon then I said to myself lets do some squats and let s AMP THEM FEROCITY You really put all you got into them you dont pause for long breaks either to catch wind you are a man or a woman on a MISSION basically The sort of mental strength this sort of workout builds is beyond comparison you cannot get it from anything else weights or not included but why just believe me Take it from the old time strongmen all of who had legs of pure steel Not all squatted an elephant or even bothered but they all right from the Gama to Bruce Lee to modern day legends like Herschel Walker were DAMN good at the bodyweight squat and did tons of reps daily often throughout the day There is a reason to the so called madness or a method and a reason behind doing what they did REALLY put all you have into it FOCUS I repeat focus on breathing in and out with every repetition consciously this will make the workout far tougher and bring way more results than if you do it without focus on the breath You should REALLY feel the heart thumping after around 100 reps or so if you can even get that far Ass to grass on every rep No excuses pally And STRAIGHT back up no bent knees on that one And there it is FEROCIOUS squats and boy do they bring results and then some Anyway enough on that On to the and yes thats one of the secrets to squats getting you in ferocious awesome shape but there s plenty more in the BOOK BENEFITS you can get from this course I think we ve covered a lot above already But here they are again in bullet format for you Build a BULLETPROOF rock solid body with squats a son of the soil look that comes only from having a sturdy foundation beneath you a foundation that cannot be ROCKED Build the sort of SWASHBUCKLING thigh swagger and swagger in general feeling you get when you have those ripping FIT legs and a toned midsection they go together The feeling cannot be beat it cannot be replicated and it or the lack of it SHOWS when you walk or STRIDE around the place and believe me THIS feeling alone is worth a BILLION BUCKS and the price of this course MANY TIMES OVER Build massive thighs that ripple with functional muscle by doing this course NO rippling with muscle is NOT an exaggeration Build MUSCLE on your entire body and lose weight quicker by doing squats yes just squats I repeat JUST SQUATS and nothing else quicker than almost ANY OTHER EXERCISE If you ain t squatting you aint training and thats a maxim that holds true my friend so does the maxim of if you squat I dont care what else you do youre going to GROW Increased lower back strength without doing a single exercise for the lower back the squat taxes EVERYTHING when done right Improved VASTLY

improved performance on all your upper body exercises including pull ups especially pull ups I should say Perhaps the most amazing benefit of this sort of heavy duty LEG training is the indirect gains you see in GRIP Strength writing this makes me feel literally light headed thinking about it trust me on this one You can forget about digestive issues like IBS constipation flatulence and such the general population is afflicted with squats are the best medicine ever natural and you dont need no doctor for them either and neither the bills hehe A sense of calmness and sang froid when you get good at this that will translate over into your daily life work relationships all of it Improved performance in the BEDROOM especially when you combine squats with isometrics and pull ups You ll build mental focus and gumption like NOTHING else A lot of lazy fools will tell you high rep squats are boring When you hear that think ah yes They require FOCUS and dedication so these idiots think it s boring You ll build FEROCITY from the inside out like nothing else you ve done before you ll truly understand comprehend the meaning of being a TRUE BEAST And many many more that I have not mentioned here as yet but will as I go along This course is worth its weight many times over in GOLD And if you re IN ANY way serious or even CLAIM to be serious about physical training done right you ll want to get your mitts on this nigh invaluable course NOW Just do it my friend NOW Best Rahul Mookerjee

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