

600 Push-ups 30 Variations By Bob Weinstein

By Bob Weinstein

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600 Push-ups 30 Variations is a handy little book, jam-packed with information. As a Black Belt and someone who travels frequently, I'm always on the lookout for ways

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Bob Weinstein's "600 Push-Ups: 30 Variations" is a very quick and short, small and modest,
paperback on push-ups. Mr. Weinstein demonstrates. Photos are black and white.

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About The Health Colonel. Born in Washington, D.C., Lt. Col. Bob Weinstein grew up in
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