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7 Weeks To 300 Sit-Ups: Strengthen And Sculpt Your Abs, Back, Core And Obliques By Training To Do 300 Consecutive Sit-Ups



Synopsis

ARE YOU READY TO SCULPT YOUR ABS? Follow the 7-week program in this book and you'll massively increase the strength and muscle tone of your core, back and obliques to such an extreme that you'll be able to do 300 consecutive sit-ups. Packed with clear charts and helpful photos, 7 Weeks to 300 Sit-Ups tells you everything you need to know about the ultimate exercise for your core and includes:

- Instructions on how to do a perfect sit-up
- Easy-to-follow progressive training programs
- Added challenges for extreme strengthening

Offering field-tested, day-by-day plans and more than 30 core-shredding exercises, this book has something for everyone: from beginners embarking on a new workout regimen to athletes looking to expand their strength-training options.

Book Information

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Customer Reviews

7 Weeks to 50 Pull-Ups-Brett-Stewart-9781569759219-14.95-Ulysses Press-5/20/11-6000-7 Weeks to Getting Ripped-Brett-Stewart-9781612430263-15.95-Ulysses Press-1/10/12--

7 Weeks to 50 Pull-Ups|Brett|Stewart|9781569759219|14.95|Ulysses Press|5/20/11|6000|7 Weeks to Getting Ripped|Brett|Stewart|9781612430263|15.95|Ulysses Press|1/10/12||

Unless you're already very fit, you won't be doing 300 sit-ups in seven weeks. I am on week four of the beginners program and doing good so far. It's going to be more like twenty weeks for me, which is fine. Buyers should be aware that you'll need more than the book if you want to follow the suggested exercises - a stability ball, a medicine ball and a resistance band set. Maybe \$60 or \$70

for these, all together. has a lot of options for these items. The book is easy to follow, although at first, you'll be doing a lot of flipping through the book while exercising. The program mixes a series of exercises to build the core and the specific exercises change each session, so there's no way the exercises can go in order in the book. It's not just sit-ups that you'll be doing, so it's not boring. It takes me about 30 to 35 minutes to do each session, including rest periods, warm-up and stretching and there are three sessions per week. It's a good, solid work-out. One note that the first copy I bought fell apart on me after the second session. The pages came apart from the binding and this prompts the four-star review. I returned the defective book and promptly replaced it with a new copy that is holding up better so far, although I'm treating it more gingerly. Steve Speirs has written several "Seven Weeks" book. I am doing *7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to Do 50 Consecutive Pull-Ups* and *7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-Ups* at the same time. The exercise programs in these two books are simpler than the sit-ups program, and it's easy to do all three at the same time.

My experience with the exercises in the program has been very positive so far. I was in a push-up program, due to abs getting tired, so I picked-up this book and worked from the very beginning program. I highly recommend the prep-level, as it really helps build core strength with little effort. After about 3 weeks, I did not have any more problems with abs strength in my other push-up program. The variety of exercises was something I really appreciated, as I get bored quickly of just doing the same exercises over many sets. I don't know about doing 300 sit-ups at this point, but I would still recommend this book highly for building a strong core.

I'm really enjoying using and following the programs in this book. However, I have two suggestions for the author. First, there is a big jump from the preparatory programs to the next level in the number of exercises and repetitions. I think the preparatory program should be lengthened and the number of exercises and reps increased to help exercisers make a smoother transition to the next level. I ended up doing the preparatory program twice before I successfully transitioned to the next level. Second, I suggest the author talk to the publisher to beef up the binding. The binding in my book is falling apart and I have been taping it together. Overall, I like this book a lot. I do the program faithfully thrice a week and it is really helpful in my opinion.

I needed to improve my core strength. I always had good intentions but I would work my abs for a

few days then give up (while I was a bit more consistent with lifting weights) so this program makes it easy -3 times a week you have a schedule and it seems to be helping me reduce my abs and increase my core strength. I had to do the prep program and it really helps you get into the program. When I got the book I was surprised/disappointed about its small size but once I started reading/using it I have begun to like it. There is an app for this (0.99\$) that is helpful too.

Lowered my rating because the pages are falling out from normal use.

I think this is a great book about how to strengthen your midsection. It deals with regular sit ups and not crunches which is right up my alley. Anyone interested in improving their core strength should get this book.

Only question I have 30 second rest time just barely enough time to get off the floor swig water start next exercise. Unless you kept water at floor level guess that would work

This is better than I anticipated. It works more than just the abs during each workout. It has really helped me out with my lower back issues.

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