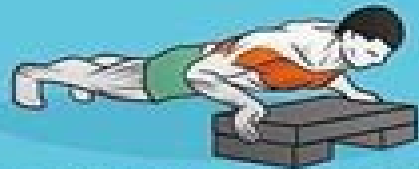


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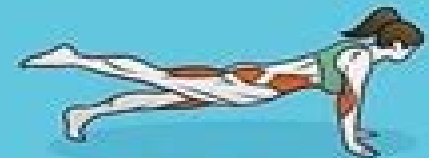
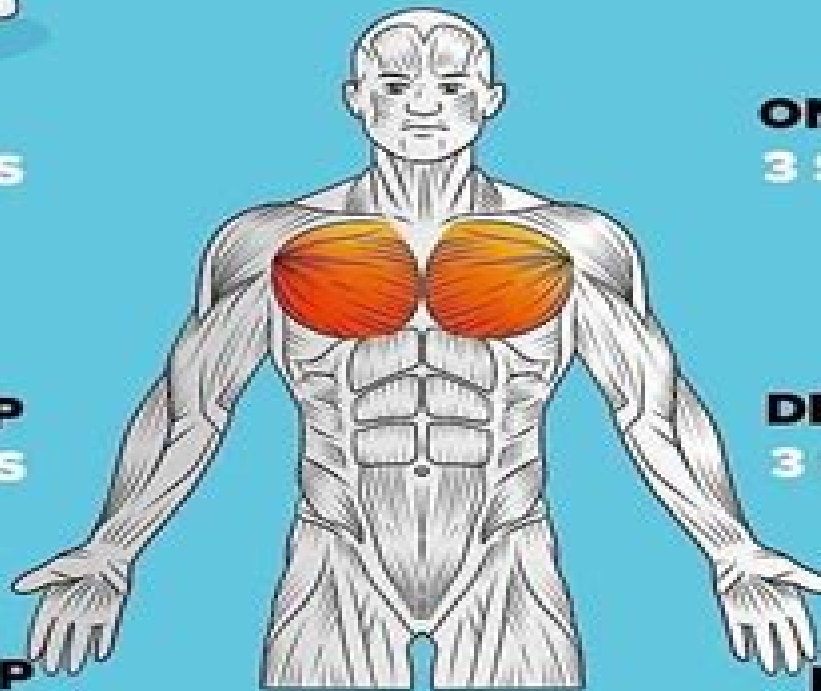
**WIDE PUSH UP**  
3 SET | 10-15 REPS



**INCLINE PUSH UP**  
3 SET | 10-15 REPS



**NARROW PUSH UP**  
3 SET | 10-15 REPS



**ONE LEG PUSH UP**  
3 SET | 10-15 REPS



**DECLINE PUSH UP**  
3 SET | 10-15 REPS



**DIAMOND PUSH UP**  
3 SET | 10-15 REPS



FITBUBBLE

# Mabive Chest Workout

**Thomas Incledon, Matthew Hoffman**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

## **Mabive Chest Workout:**

**21 Days to a Bigger Chest** Grant Michaels, 2014-01-29 Having a bold and carved chest is one testament to manhood for many men and there is a good chance if you have a y chromosome you feel this way When the pecs are tight and in great condition they make you feel good as well as generate a lot of welcomed stares and sometimes touches If you have always dreamed of having the kind of chest Superman would be proud of but you just have not been sure where to start then look no further Grant Michael s has put together an excellent weight training guide that not only gives you fundamental exercises for getting your ideal set of pecs but also explains how each exercise works and on which muscles In 21 days you will wonder why you did not always look so buff How Will This Guide Lead You to Perfect Pectorals Easy through progressive overload This is a method of increasing the endurance that is placed on your muscles with weights and different positions The muscles in turn will step up to meet the challenge Through weight lifting combined with the recommended rest stages and rotations you will have firm and hard lines that will make it difficult to keep your shirt on You will get a detailed explanation of when it is best to use Isolation Exercises focus on one set of muscle groups such as the biceps only or the triceps only OR Compound Exercises combines different muscles located in different parts of the body to promote a more even mass increase Grant has chosen to use this guide as an introduction to compound workouts This will be more beneficial on your start as you will be less prone to injuries and you will learn how to spread out your workout to ensure one area of your body does not get disproportional to another area What Type of Workouts Should You Expect Inside this guide you will be taught how to perform 10 types of compound exercises Each workout has illustrations that will allow you to see if you are performing them right As with compound exercises your pectorals and chest muscles will not be the only area of your body affected with each workout You will also be working out your triceps shoulder muscles biceps back muscles and abdominals The main overall goal with each of the exercises provided is to strengthen the muscle fibers located in and around your chest This will cause the fibers to break a little and when you rest the muscles grow and heal to be able to handle the extra weight How You Will Finish This Book At the end of this guide you should have a noticeable increase in the muscle mass located in your chest After mastering this guide you will understand the importance of having a balanced workout rotation as well as when it is best to use compound over isolation and vice versa You will finish your 21 days and embrace the weight lifting world with open arms to find ways to further increase your strength *Workout Revolution* Vincent Maisonneuve, 2015-02-19 Workout Revolution is an amazing guide for those who want to know more and more about the world of workout including muscles nutrition and sports You love going to the gym be better in your sport or just be healthier this book is the perfect tool to achieve your goals With an innovative concept of 5 things to know about several popular topics around the world of workout this book is based on the opinion of the majority and what really works In the end if you want a guide to learn all about the important topics of the training Workout Revolution is the ebook you need **Men's Health Maximum Muscle Plan**

Thomas Incledon, Matthew Hoffman, 2005 Men's Health Maximum Muscle Plan is the ultimate workout guide for men who want to get bigger stronger faster With customized plans for every body type and fitness level workout variations to push you to the next level and muscle building nutrition and supplement tips it's a proven program to give you the body you want ripped abs bulging biceps strong legs and a broader chest and back in just 12 weeks **Bigger Than the Game** Dirk Hayhurst, 2014 The best writer in a baseball uniform Tyler Kepner The New York Times After nearly a decade in the minors Dirk Hayhurst defied the odds to climb onto the pitcher's mound for the Toronto Blue Jays Newly married with a big league paycheck and a brand new house Hayhurst was ready for a great season in the Bigs Then fate delivered a crushing hit Hayhurst blew out his pitching shoulder in an insane off season workout program After surgery rehab and more rehab his major league dreams seemed more distant than ever From there things got worse weirder and funnier In a crazy world of injured athletes autograph seeking nuns angry wrestlers and trainers with a taste for torture Hayhurst learned lessons about the game and himself that were not in any rulebook Honest soul searching insightful hilarious and moving Dirk Hayhurst's latest memoir is an indisputable baseball classic Praise for The Bullpen Gospels and Out of My League Dirk Hayhurst writes about baseball in a unique way Observant insightful human and hilarious Bob Costas A fun read This book shows why baseball is so often used as a metaphor for life Keith Olbermann Entertaining and engaging reminiscent of Jim Bouton's Ball Four Booklist A rare gem of a baseball book Tom Verducci Sports Illustrated A humorous candid and insightful memoir of Hayhurst's rookie season in the majors Grade Home Run Cleveland Plain Dealer *Jim Stoppani's Encyclopedia of Muscle & Strength* Jim Stoppani, 2023-02-22 Whether you seek to maximize muscle mass strength or fat loss Jim Stoppani's Encyclopedia of Muscle Strength Third Edition will deliver visible results with over 380 exercises and nearly 140 ready to use workouts *The 100 Pound War* James Rice, 2020-12-12 This is a no holds barred look at weight loss A must read for any dieter Brian Song Personal Trainer Through anecdotes and personal battles The 100 Pound War will show you how to win the weight loss war against the toughest opponent yourself If you or a loved one are struggling to lose weight this book will be the motivation to embark on the weight loss journey Something important about the story is that James is not selling a product It's all about the commitment to yourself and the discipline to fight and win the daily battle between your brain and your body Paola Rossi Gym Owner The 100 Pound War is an enjoyable fast paced book told through the eyes of James Rice a 48 year old man who nearly 300 pounds 135kg and feeling totally defeated He was taking 6 pain killers a day Pre diabetic High blood pressure Arthritis He barely fit into XXXL t shirts He couldn't get up a ladder to change a light bulb Walking up and down stairs made him sweat Then he found Trainer Saber and together they won The 100 Pound War The book includes help on how to lose weight during the COVID 19 pandemic and will give you advice on How to Get Started to Lose Weight The Foods You Need to Avoid Real Food to Buy no crazy recipes sardines or expensive alternatives Must Buy Supplements How to Start to Exercising and Keep Improving Carb and Sugar Craving Survival Tips Win the Battle Between Your Mind and

Body The 5 Most Important Points You Must Control to Lose Weight Tips to Handle Stress and Sleep Realistic Weight Loss Expectations Plus all the daily highs and lows of losing 100 pounds Trainer Saber is a certified Personal Trainer with a degree in Fitness and Lifestyle Management He is a Nutrition and Weight Loss Specialist and co owner of a gym Trainer Saber specializes in body transformation Two years later James weighs in at 171 pounds with a BMI of 23% and at the age of 50 he is studying to be a personal trainer James shows that dieting for weight loss is like putting a band aid on cancer it doesn't treat the disease The true cure to obesity lies in education first and foremost The rest comes down to focusing on your why John Kovalski Founder T2 Nutrition and Wellness Host of The JAK ed Up Podcast If you are unsure of where to start to transform your life The 100 Pound War gives the fundamentals of weight loss through James personal struggles and accomplishments to help you reach the 100 pound weight loss goal Personal truthful and a motivation to many The book is very impressive Barb Say High School Physical Education Teacher [101 Workouts for Men](#) Michael Berg, NSCA-CPT,

[The New Evolution Diet](#) Arthur De Vany, 2011-12-20 Believe it or not our DNA is almost exactly the same as that of our ancestors While scientific advances in agriculture medicine and technology have protected man to some degree from dangers such as starvation illness and exposure the fact remains that our cave dwelling cousins were considerably healthier than we are Our paleolithic ancestors did not suffer from heart disease diabetes high blood pressure or obesity In fact a good deal of what we view as normal aging is a modern condition that is more akin to disease than any natural state of growing older Our predecessors were incomparably better nourished than we are and were incredibly physically fit And certainly none of them ever craved a doughnut let alone tasted one In fact the human preference for sweet tastes and fatty textures was developed in an environment where such treats were rare and signaled dense useful energy This once helpful adaptation is the downfall of many a dieter today It's what makes it hard to resist fats and sweets especially when they are all around us We are not living as we were built to live Our genes were forged in an environment where activity was mandatory you were active or you starved or were eaten This created strong selective pressure for genes encoding a smart physically adept individual capable of very high activity levels Humans are among the most active of species and we carry energetically expensive brains to boot Our energy expenditures rank high among all animals At least they once did The New Evolution Diet by Arthur De Vany PhD is a roadmap back to the better health our ancestors once enjoyed By eliminating modern foods including carbohydrates dairy and all processed foods from our diets we can undo much of the damage caused by our modern food environment The plan is based on three simple principles 1 Enjoy the pleasure of food and do not count or restrict calories Eat three satisfying meals a day filled with non starchy vegetables fruits and high quality lean proteins 2 Do not starve yourself but do go hungry episodically for brief periods to promote a low fasting blood insulin level and increase metabolic fat burning 3 Exercise less not more but with more playfulness and intensity The goal is to create a strong body with a high resting metabolism and a large physiologic capacity to move through life easily not to burn calories [Ironman's Ultimate Guide to Building Muscle](#)

Mass Peter Sisco, Ironman Magazine, 2000 This how to guide from the pages of Ironman magazine includes the best mass building routines of the greatest bodybuilders so readers can get the maximum proven results **Jim Stoppani's**

**Encyclopedia of Muscle & Strength, 2E** Stoppani, Jim, 2014-10-01 Whether you seek fat loss and lean muscle development or mass development and strength improvement this comprehensive guide with 382 exercises and 116 ready to use workouts featuring the most popular training equipment free weights TRX BOSU kettlebells and body weight will position you for success The New Encyclopedia of Modern Bodybuilding Arnold Schwarzenegger, 2012-07-03 From elite bodybuilding

competitors to gymnasts from golfers to fitness gurus anyone who works out with weights must own this book a book that only Arnold Schwarzenegger could write a book that has earned its reputation as the bible of bodybuilding Inside Arnold covers the very latest advances in both weight training and bodybuilding competition with new sections on diet and nutrition sports psychology the treatment and prevention of injuries and methods of training each illustrated with detailed photos of some of bodybuilding s newest stars Plus all the features that have made this book a classic are here Arnold s tried and true tips for sculpting strengthening and defining each and every muscle to create the ultimate buff physique The most effective methods of strength training to stilt your needs whether you re an amateur athlete or a pro bodybuilder preparing for a competition Comprehensive information on health nutrition and dietary supplements to help you build muscle lose fat and maintain optimum energy Expert advice on the prevention and treatment of sports related injuries Strategies and tactics for competitive bodybuilders from selecting poses to handling publicity The fascinating history and growth of bodybuilding as a sport with a photographic Bodybuilding Hall of Fame And of course Arnold s individual brand of inspiration and motivation throughout Covering every level of expertise and experience The New Encyclopedia of Modern Bodybuilding will help you achieve your personal best With his unique perspective as a seven time winner of the Mr Olympia title and all international film star Arnold shares his secrets to dedication training and commitment and shows you how to take control of your body and realize your own potential for greatness *The New High Intensity Training* Ellington Darden, 2004-10-01 Presents the

high intensity training philosophy with key training points a specialized two week course for developing certain areas of the body a nutrition plan for boosting body mass and stories of well known HIT users **CORES THAT MAKE ME A**

**WORKOUT FREAK** MICHAEL JEEY, 2017-10-16 Staying healthy and fit is a dream of every sane soul it s a goal which many have set in their lives but unfortunately not all are able to touch the finish line But Why do many feel gloomy when they are almost beating it Well in this piece i have tried putting down some of the basics you need to exercise if you want to get there Unfortunately am neither a Nutritionist nor a Trainer thus am sharing this out of experience after seeing many start working out but quit in the middle of it and leave me still kicking it hard What actually make me to that now dubbed Gym freak what makes me workout from Day 1 and even during my Resting day *160 Tip for a Body building* Mansoor Muallim, Here are 160 hints to help kick you off Many individuals new to the universe of solidarity preparing are searching for some snappy and

straightforward working out tips There are such a great amount of data out there that it is anything but difficult to feel overpowered There is by all account such a great amount of intending to be done thus a lot to consider and the hardest pieces of all can be making a begin on your exercise routine One of what most training amateurs search for are successful and profoundly demonstrated body building tips All things considered obviously who not have any desire to know privilege insights that could facilitate the procedure of working out Lifting weights alludes to the exertion of building bulk in the body Similarly as with most exercise schedules weight training needs an all encompassing way to deal with Tags bodybuilding tips bodybuilding tips for beginners natural bodybuilding tips bodybuilding tips at home bodybuilding tips for chest best bodybuilding tips cutting tips bodybuilding bodybuilding diet tips bodybuilding tips and tricks bodybuilding tips for men men s physique posing tips fast bodybuilding tips bodybuilding tips for short guys bodybuilding tips biceps bodybuilding tips for skinny guys bodybuilding food tips bulking tips for hardgainers bodybuilding techniques for beginners bodybuilding starting tips body build up tips desi bodybuilding tips teenage bodybuilding tips muscle growth tips bodybuilding health tips for bodybuilding bodybuilding nutrition tips quick bodybuilding tips bodybuilding exercise tips bodybuilding conditioning tips best bodybuilding tips for beginners fat loss tips bodybuilding bodybuilding training tips top bodybuilding tips bodybuilding advice for beginners kai greene tips rich piana tips men s physique tips secret bodybuilding tips diet tips for bodybuilding beginners bodybuilding fitness tips bodybuilding tips for mass bodybuilding eating tips gym bodybuilding food tips The Big Book On Lean Out But Don't Lean, Lose Weight But Don't Lose Time Waiting Written For Pererpetual Air Fitness Incorporated Real Substance Game,2012-08-20 BOD struggled for years with hard gainer body and yet a belly that seemed to lock itself on his frame Roxanne a local high school crush influenced a change that catapulted him to another place Wanting to impress her and win her as his girlfriend began his journey and he hadn t looked back ever since It s nothing new under the sun but High intensity interval training HIIT also called High Intensity Intermittent Exercise HIIE or sprint interval training is an enhanced form of interval training an exercise strategy alternating periods of short intense anaerobic exercise with less intense recovery periods When varying from 9 20 minutes this style will amaze These short intense workouts provided BOD with improved athletic capacity a personal training certification and something even more delicious for BOD You won t believe what happened *Mr. X-Steroid* George Mourice,2025-02-04 Bodybuilding hormone cycles made simple in easy to understand tables Explore exciting anabolic steroid cycles through detailed tables Anabolic Hormones Steroids Your Comprehensive Guide and Key to Maximizing Your Strength Do you want to build strong and healthy muscles Do you want to enhance your performance in bodybuilding Anabolic hormones are the solution Control your strength I ve gathered for you a treasure trove of exclusive information organized in a way that s easy to understand to put you on the map to greatness Unlock the secrets of the elite This book is your exclusive gateway to the world of giants in bodybuilding From advanced steroids to anabolic hormones and from killer workouts to revolutionary nutrition systems everything you need to

transform your body into a masterpiece of muscle and strength This is not just a book it s a roadmap to transform your life and body Are you ready to become a legend Open this book and start your transformation journey today Welcome to the world of hormones where knowledge is power In this book Mr X Steroid you will embark on an exciting journey to explore everything about these substances from basic to advanced Cycles their effects and how to use them safely and effectively You ll discover the secrets of preparation optimal dosages side effects and how to discontinue their use safely This book is your comprehensive guide to understanding and utilizing hormones in a way that ensures you achieve your goals safely and effectively Get ready to uncover a world filled with valuable information and practical advice that will forever change your perspective on these substances This remarkable book Mr X Steroid has been translated into several languages allowing a wide audience of readers around the world to benefit from its valuable content This translation process was not merely a linguistic transfer it was a journey to convey ideas and concepts in a way that captivates hearts and minds opening doors for new cultures to immerse themselves in the wisdom and inspiration it contains Contributor Notes 743 2500 What sets this book apart A comprehensive guide to all hormone courses steroids From your first steps to the championship The secrets of building hormones in the world of bodybuilding are fully revealed Training and nutrition strategies used by world champions Organized and simplified schedules that take you step by step towards greatness and a very muscular body Learn how to design your own courses like champions and professionals If you want to build strong and healthy muscles don t hesitate to use building hormones under the supervision of a doctor You will notice the difference in a short time and you will achieve the maximum benefit from your strength Open this book and start your transformation journey today Anabolic steroids history of steroids The history of steroids in athletics can now begin Steroids at the Olympic Games Steroids side effects Inhibition or suppression of natural hormones Effects of hormones and liver damage The effect of hormones on cholesterol levels blood fat levels Gynecomastia Breast enlargement in men Acne and building hormones Extreme anger Resulting from hormone doses Hormones and baldness Cardiovascular problems caused by building hormones Virilization development of male characteristics in women Growth arrest height Prostate enlargement High blood pressure Kidney problems Changes in the immune system Excessive hair growth on the body Water retention and swelling Infertility in men and women Believe everything you hear Hormone Cycles and Preparation for Assembling Hormone Cycle Materials Beginner Level Hormone Cycle I Beginner Level Hormone Cycle II Intermediate Level Hormone Cycle I Intermediate Level Hormone Cycle II Intermediate Level Hormone Cycle III Advanced Level Hormone Cycle I Advanced Level Hormone Cycle II Omnadren Cycle Level 1 Omnadren Cycle Bulking Level 1 Omnadren Cycle Cutting Level 2 Omnadren Cycle Bulking Level 2 Omnadren Cycle Cutting Level 3 Omnadren Cycle Bulking Level 3 Omnadren Cycle Cutting Steroid detection times How to get off steroids How to inject steroids Information on steroid injections Steroid supplements Types of steroids Injectable steroids Oral steroids Steroid cream Steroid pills Steroid tablets Best Steroids British Dragon Steroids Bulking Steroids Cheap steroids



Cutting steroids Designer Steroids Steroids prescribed by a doctor Fat loss steroids Horse steroids Illegal steroids Mexican steroids Muscle building steroids Natural steroids Oral anabolic steroids Real steroids Safe steroids Steroids laws in USA Ladies and Steroids Chapter by chapter list Presentation and Fundamentals of Nourishment Strength training and fat burners weight lifting and fat killers Vigorous Activity and Pre Exercise How to eat for muscle Female AAS Exploration Women on steroids Steroid use and abuse Anadrol doses AndroGel dosages Athletes and steroids Deca Durabolin doses Deca Durabolin results Durabolin doses Effects of Deca Durabolin Effects of Equipoise Effects of Halotestin Effects of steroids Equipoise Cycle Equipoise doses Halotestin doses HCG doses History of steroids Human growth hormone dosages Masteron Cycle Masteron doses Omnadrenal Cycle Omnadren dosages Working Out in a City That Works You Out Kobi Noiman,2009-05 This book contains vital information and illustrations regarding the wonderful world of fitness It is the perfect guide to fitness and exercise I like this book to be considered as a manual for the rest of us You can feel confident and comfortable when you walk into a gym once you have gained the necessary knowledge needed from this book *The Evil Within* Cameron Sims,2024-04-26 What woman could seek revenge on the creators on God himself What could ve been done to spur such vengeance Her name is Lilith Having suffered the creator s wrath and resulting curse a plan for revenge has now been set in motion The results of which could upset the balance of power between good and evil forever From the earthly realm Lilith seeks a dominant leader Detective Dave Logan she believes will be the one But it will require overcoming many obstacles to make it so Along the way Lilith creates a path of carnage and death as she manipulates everything and everyone to achieve her goal The thrilling climax will leave you wanting more The Video Source Book David J. WEINER,1990 *Valentine's Way* Bobby Valentine,Peter Golenbock,2021-11-30 A frank and often hilarious account of the baseball life from one of the game s great iconoclasts the most entertaining baseball book of the year Baseball Almanac From his first year in Rookie ball when Tommy Lasorda ordered him to send a letter to the Dodgers starting shortstop informing him that he should retire early to make way for the young phenom to appearing in disguise in the Mets dugout following an ejection Bobby Valentine was a lightning rod for mischievous controversy grabbing headlines wherever he went Mavericks are seldom welcomed to upset the status quo and Major League Baseball was no exception In astonishing detail Bobby Valentine reflects on the many remarkable moments that comprised his playing and managerial careers From his wild times as a player in the early seventies to his transition to coaching with the Mets after a catastrophic injury derailed his playing days from managing the Texas Rangers in 1985 where he employed sabermetrics and witnessed the beginning of the steroid era to his iconic stretch at Shea Stadium when he led the Mets to the 2000 World Series while battling a dysfunctional front office and ownership from his beloved time in Japan managing the Chiba Lotte Marines who won the Japan Series to the absolute disaster of a season in Boston where he was greeted by a toxic clubhouse and fractured organization Readers will be intrigued by his off the field exploits as well from his early years as an international ballroom dancing champion to his post

playing days where he may have invented the wrap sandwich and the modern sports bar Valentine has consistently overcome adversity and reinvented himself regardless of the playing field Along the way he shares stories and insights on memorable moments and iconic personalities including Nolan Ryan Ichiro Suzuki Gary Carter Mike Piazza Tom Seaver Joe Torre George Steinbrenner Dustin Pedroia and David Ortiz Valentine's Way is a riveting look back on forty years of baseball written with a novelist's mind and a journalist's memory and in collaboration with legendary baseball author Peter Golenbock A once in a generation book that leaves no great story untold this is an invaluable document for anyone wondering what it's really like to play and work in the rarified world of Major League Baseball

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