

# 600 Push-ups 30 Variations By Bob Weinstein

**By Bob Weinstein**

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Bob Weinstein is the author of Quotes (4.10 avg rating, 71 ratings, 4 reviews, published 2009), Weight Loss - Twenty Pounds in Ten Weeks

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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.

This is the biography page for Bob Weinstein, Lt. Colonel, US Army, Lt. Col. Bob Weinstein grew up in Virginia Colonel with 30 years of service and spent

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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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