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By Bob Weinstein

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The Health Colonel, Lt. Colonel Bob Weinstein, U grew up in Virginia and spent 20 years in Berlin, Germany; he is retired with 30 years of service and spent

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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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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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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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