

# **Push-up Progression Workout For A Stronger Core By Shaun Zetlin**

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### **Shaun zetlin, founder, zetlin fitness**

a personal training and nutrition counseling company by Shaun Zetlin. of Shaun's latest book, Push-Up Progression on the importance of push-ups,

### **Stack expert -shaun zetlin | stack**

Shaun Zetlin has run his own personal His book 'Push-up Progression Workout for a Stronger Core' is currently Olympian Carrie Tollefson's Core Workout

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The push-ups outlined in this book can be performed quickly and conveniently at home or on the road. Most importantly, no matter your fitness level, Push-up.

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Learn how to obtain that lean look w/ Shaun Zetlin's new workout, "Push-Up Progression Workout for a Stronger Core" [amazon.com/dp/B008J4GDCS/](https://amazon.com/dp/B008J4GDCS/)

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