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100 Consecutive Push-Ups By Steve Speirs**

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### **Steve speirs (author of 7 weeks to 100 push- ups)**

Steve Speirs is the author of 7 Weeks to 100 Push-Ups (3.60 avg rating, 152 ratings, 16 reviews, published 2009), Steve Speirs s Followers. None yet.

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Steve Speirs is an accomplished marathon runner and trainer and runs the popular website [hundredpushups.com](http://hundredpushups.com). NO\_CONTENT\_IN\_FEATURE Start reading 7 Weeks to 100 Push

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