

STRONGMAN

BOOKS

CATALOG

Welcome to the Strongman Books catalog where we aim to bring you the best of the oldtime strongmen and physical culturists books and writings.

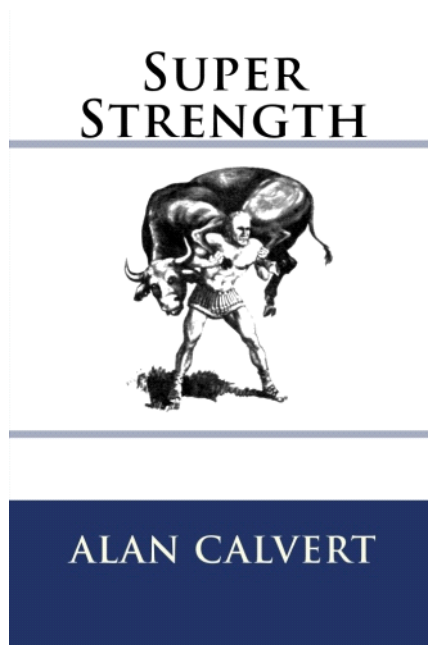
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Thank you,

The Strongman Books Team

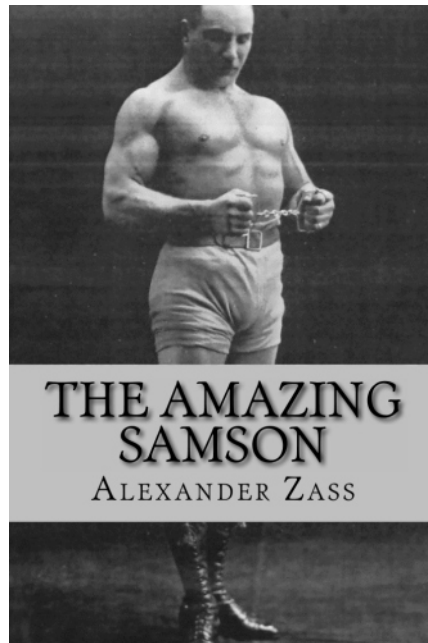


Alan Calvert was the creator of Milo Bar Bell Co. and the editor of Strength magazine. He was responsible for the start of many of the most famous lifters in the golden era. For this reason he has been called the grandfather of American weight lifting.

Super Strength is his biggest and most well known book covering everything you need to know to develop just what the title says.

In addition to 26 chapters you'll find well over 100 rare photographs.

\$14.95 - <http://amzn.to/WZDup8>



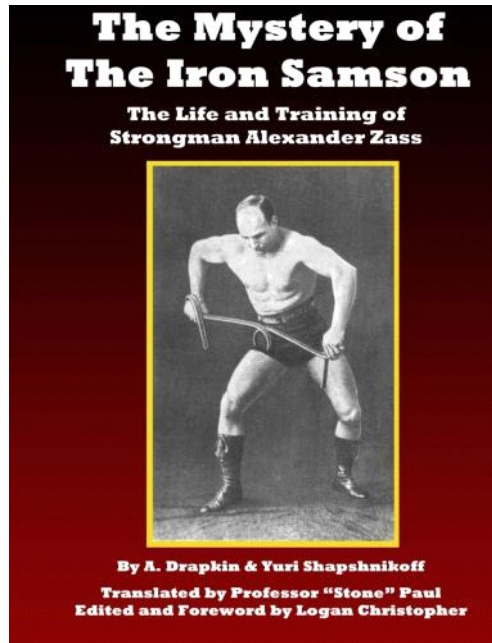
Alexander Zass was best known by his stage name, The Amazing Samson.

He was an oldtime strongman capable of snapping chains and bending iron bars. In fact, the legend is he was able to escape a POW camp by doing just that. From this and other training over his lifetime he was a huge proponent of isometric training.

This book, The Amazing Samson, describes his life, his training and how to do many of the feats, including chain breaking and nail driving and pulling. Also features writings from a fellow strongman and friend William Pullum.

Also be sure to check out The Mystery of the Iron Samson for more details on Zass, including some of the exercises he used for his training.

\$19.95 - <http://amzn.to/XQMwSL>



Lost Russian Book Translated Into English for the First Time, Reveals the Secrets of Alexander Zass' Strength

This legendary book chronicles the life of Zass also known as the Iron Samson, or the Amazing Samson.

It was written by two Russians and now for the first time has been translated into English.

Zass was well known for being one of the first to widely use isometrics in his training. Here you'll discover exactly what he did and more.

How Would You Like to Develop the Strength that Literally Allowed Zass to Break Chains and Bend Bars To Escape from Prison?

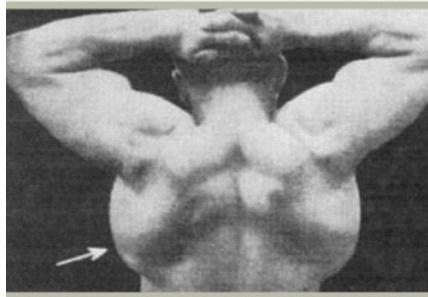
The fact is Alexander of Zass was a prisoner of war during the first World War not once but a total of four times. And he escaped every time!

Several of his escapes required the use of his strength he had developed over his career as a strongman.

And he went on to discover that the exercises he developed while in prison, helped him become even stronger. These were further developed into his system of strength.

\$34.95 - <http://amzn.to/WAEeO7>

Muscle Flexing

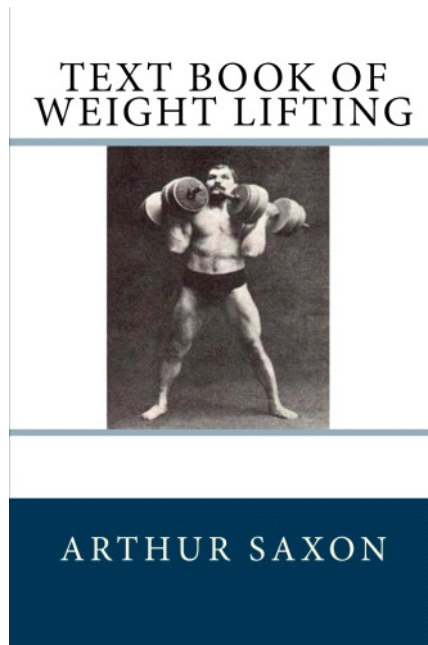


Antone Matysek

Antone Matysek was one of the most popular muscle control artists, though not nearly as much as Maxick. He won the Strongest Man in America award in 1922. He was a performing strongman doing many feats in his shows also including muscle control and posing to wow the crowds.

In his popular book, Muscle Flexing, you'll discover how to do exactly as he did. With 15 muscle control exercises and a wide variety of tips and hints to help you complete them.

\$12.95 - <http://amzn.to/10pl4lw>



Arthur Saxon is one of the most famous of all the oldtime strongman. That's because his most amazing feat simply boggles the mind.

He lifted 370 lbs. (and was reputed to have been close to locking out 400 lbs) overhead with one arm in what is know as the bent press.

Yes, this is a weight that over 99% of the population can't lift off the ground with both hands, yet The Iron Master could put it overhead with a single arm. Which group would you rather be in?

Some people claim its just a balance trick. Yet that same strength allowed him to literally toss 200 lb. barbells over head from hand to hand. That weight was just a toy to him.

How about a 250lb military press done in the strictest form without the slightest back bend?

Yes, Arthur Saxon's strength was not only legendary in his time, but it is still today. Where other strongmen have been forgotten over time, Arthur's name and reputation lives on.

\$12.95 - <http://amzn.to/13pcGSB>

THE DEVELOPMENT OF PHYSICAL POWER

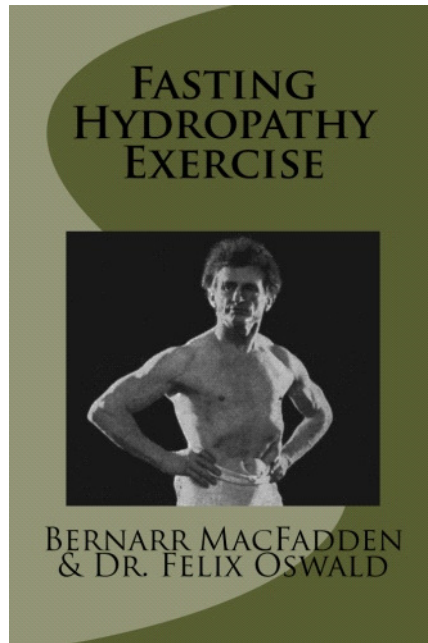


ARTHUR SAXON

Arthur Saxon's first book on weight lifting and strength. His original name was Arthur Hennig and over the years he traveled, trained with and performed as part of the Saxon Trio. The original members were Arno Saxon and Oscar Hilgenfeldt, later on to be replaced by Arthur's actual brothers Hermann and Kurt. The Development of Physical Power is a classic in learning what it takes to become truly strong from a man who lifted 371 lbs. overhead with a single arm. Inside you'll learn basic and advanced exercises with barbells and dumbbells. Some of the chapters include:

- Incidents in My Professional Career
- The Saxon Definition of Strength
- My Views on Light Exercise
- What Sports Help Weight Lifting?
- Weight in Relation to Lifting
- Routine of Training
- The Bug Bear of Training
- My Ideas on Diet
- What It Feels Like to Lift 350 lbs. with One Hand
- One Handed Lift to the Shoulders
- The Bent Press
- One Hand Snatch
- Single Handed Dumbbell Swing
- Two Dumbbells Simultaneous Lift Overhead
- Two Hand Jerk
- Two Hand Jerk Continental Style

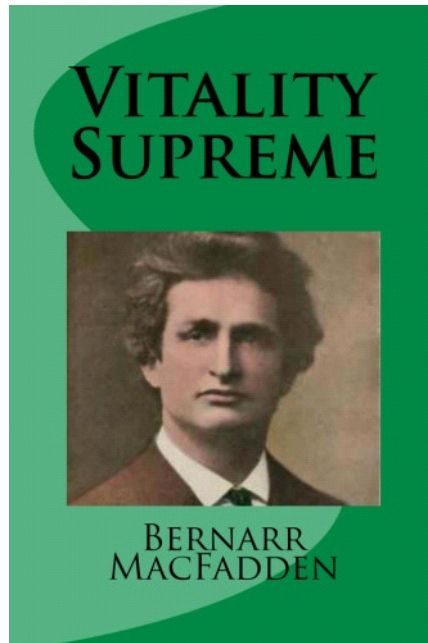
\$11.95 - <http://amzn.to/13pcJy2>



Bernarr Macfadden was known as the "Father of Physical Culture" for his tireless work in the area. He was one of the first and biggest proponents of exercise, proper nutrition, regular fasting, the natural treatment of disease and much more.

This book covers three main areas of attaining great health in great detail: Fasting, Hydropathy and Exercise. It even recounts the story of MacFadden's fast with photos of him lifting heavy weights after seven days with no food. Plus many details on the best ways to work on common diseases.

\$12.95 - <http://amzn.to/URkTNk>

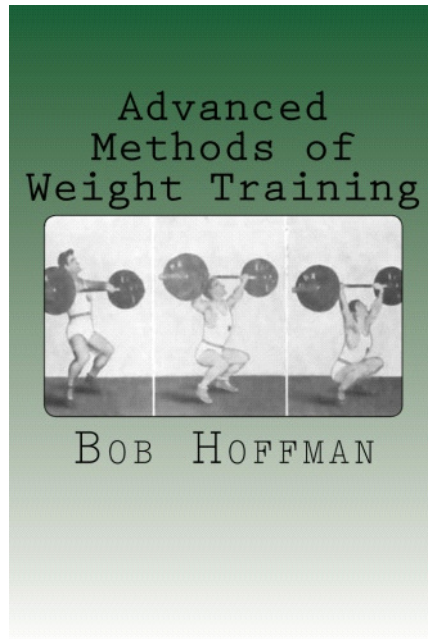


Vitality Supreme by Bernarr MacFadden may have been his best book (and he wrote many). It is one of his most well-known. Many of his other books go into one specific area of health, for instance the eyes, or nerves, but this is an all around health book. So anyone looking to see what Bernarr MacFadden is all about would be wise to start here.

Let me tell you a little bit about Bernarr MacFadden. He was called the Father of Physical Culture, for the huge influence he had on it. At the same time he was quite extreme. While in certain cases he may have gone overboard (like pushing his family to follow all his ideals, to the point where they all hated him for it) he also was a pioneer and had many great ideas. The best part is you can pick and choose, and experiment to find what you can take from him and incorporate into your own life. Here is a list of some of the chapters:

- VITALITY—WHAT IS IT?
- FUNCTIONAL ACTIVITY-THE SECRET OF POWER
- THE PROPER BODILY POSTURE
- STRAIGHTENING AND STRENGTHENING THE SPINE
- EXERCISE FOR VITALITY BUILDING
- HOW TO BREATHE
- HOW TO EAT
- SINGING-THE GREAT TONIC
- THE DAILY REGIMEN

\$14.95 - <http://amzn.to/V0pLRi>



Bob Hoffman was probably the man most responsible for bringing weightlifting to the masses with his York Barbell Company.

Contains 51 principles of health, diet and success such as the following:

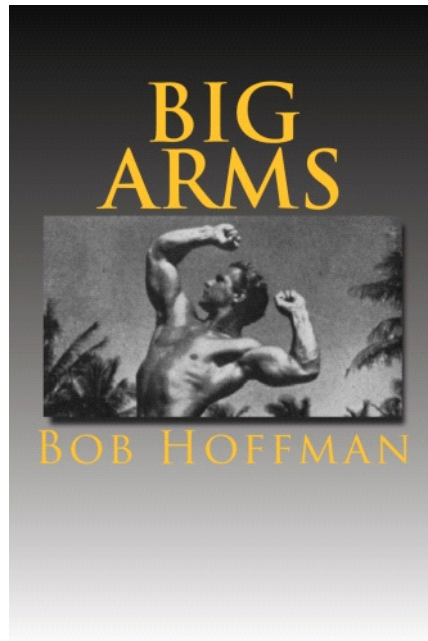
- York Advanced Methods of Weight Training
- The Best Time to Train
- It's Important to Breathe Properly
- How To Use The York Bar Bell Courses

This is followed by 16 Time Proven York Training Principles:

- Time Proven York Training Principles
- The Single Progressive System
- The Double Progressive System
- Upper and Lower Body Training System
- The Thousand Exercises
- Advanced Routines

Lastly, this book contains a total of 24 Complete Advanced Training Courses.

\$12.95 - <http://amzn.to/VUmhAA>

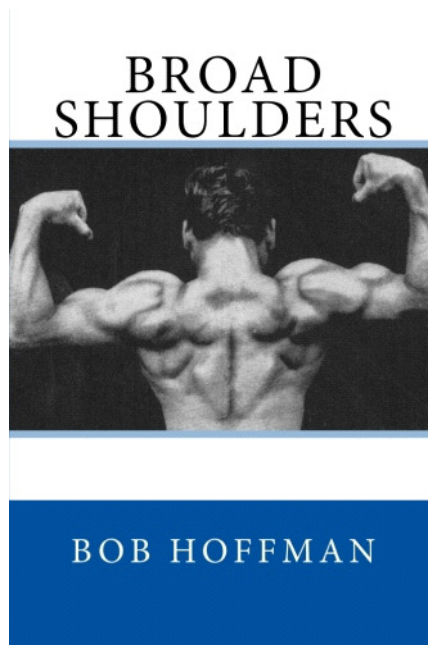


Everyone wants bigger arms, this book will show you how. Over 220 jam packed pages full of unique photos and instruction.

- I. "Let Me Feel Your Muscle"
- II. Hercules, Ajax, Mars, Achilles, Hector
- III. Anatomy of the Arm
- IV. How the Arm Muscles Operate
- V. Development of Muscle
- VI. Who Has the Biggest Arms?
- VII. The Finest Upper Arm Development
- VIII. Impressive Feats of Strength
- IX. Why Don't I Have Bigger Arms?
- X. If You Fail to Get Results
- XI. Are Free Hand Exercises of Value?
- XII. Rope Climbing as a Means of Developing the Arm
- XIII. The Arm Building Value of Giant Crushers and Iron Shoes
- XIV. Cables in Arm Development
- XV. Hand Balancers Have Big Arms

And several more. As you can see you'll learn how to grow big arms with a variety of training tools, methods and exercises.

\$19.95 - <http://amzn.to/WyYgsm>

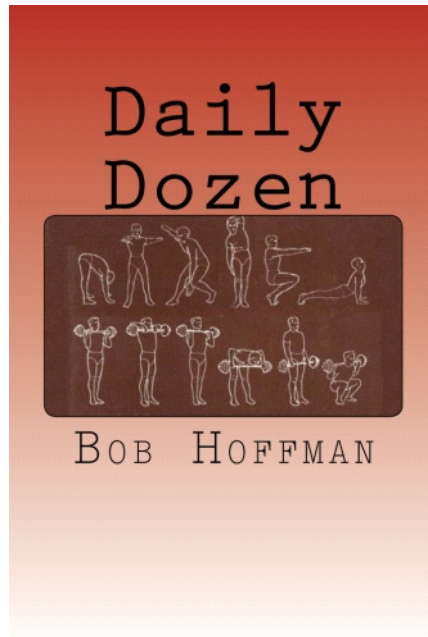


Broad Shoulders is one of a series of large books that dives deep into the strength and muscle development of one area of the body. If you're looking to increase your shoulder size and strength look no further than here. With over 200 pages you'll find tons of exercises, workouts, insights and more. This book covers barbells, dumbbells, cables, muscle control, bodyweight exercises, and more. Chapters include:

- I. You Should Build Broad Shoulders
- II. Broad Shoulders Always Admired
- III. Overcoming Round Shoulders
- IV. Controlling the Muscles of the Shoulders
- V. Feats of Shoulder Strength
- VI. Why the Shoulder Muscles are so Important
- VII. What Others say about Deltoid Development
- VIII. Broad Shouldered Men
- IX. The Anatomy of the Shoulder Girdle
- X. The Muscles of the Shoulders
- XI. Building Your Shoulders
- XII. Leverage Movements

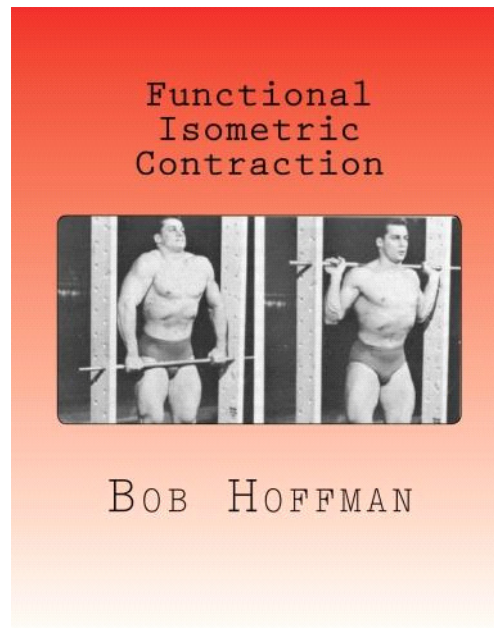
And several more. Loaded with pictures of the famous strongman of the era this is a must for your collection.

\$19.95 - <http://amzn.to/VvLLlq>



In Daily Dozen you'll learn just what it sounds like. A dozen exercises that you should do each and every day. The first six are simple bodyweight stretching exercises. The last six are strength and muscle building exercises to be done with a barbell. Along with instructions in these exercises you'll find plenty of other tips for health building in this volume.

\$9.95 - <http://amzn.to/VVdDMT>



In this book, Functional Isometric Contraction, you'll learn all about using isometrics, York style, to become super strong. This is probably the most in-depth book on isometric training you'll ever read. There are exercises with and without a power rack, for weight lifters, women and athletes of all types. There are several complete programs to work from. If you want to become super strong you need to be doing isometrics. If you want to do isometrics you need this book. Some of the chapters include:

- A New Method of Building Super Strength
- The Development of the Theory and the Proper Application Of Functional Isometric Contraction
- Proving the Value of Functional Isometric Contraction
- A Superior Method of Strength and Muscle Building
- One Minute a Day, The Functional Isometric Contraction Way
- What Is Functional Isometric Contraction?
- A Unique and Result-Producing System of Training Without A Super Power Rack
- Simple Training Devices You Can Use
- The Training Course Louis Riecke Practiced
- The Measurement of Progress
- Strength Is Most Important
- Much Research and Experimentation Required To Develop Functional Isometric Contraction
- Important Facts About Functional Isometric Contraction Training
- Many People Have Been Almost Doing It
- Improving Your Performance In Your Favorite Sport
- Functional Isometric Contraction Training for Teams
- Better Athletic Training the Functional Isometric Contraction Way
- Training of Individual Athletes The Functional Isometric Contraction Way
- Improving Track and Field Performance The Functional Isometric Contraction Way

\$19.95 - <http://amzn.to/VR3VOj>

Simplified System of Barbell Training

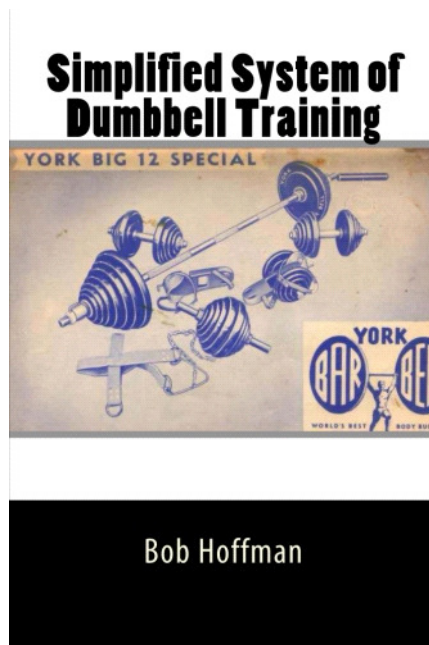


Bob Hoffman

Bob Hoffman's Simplified System of Barbell Training teaches you the basics of a weightlifting program. You get not one complete workout schedule but two to follow, each comprised of 10 different exercises.

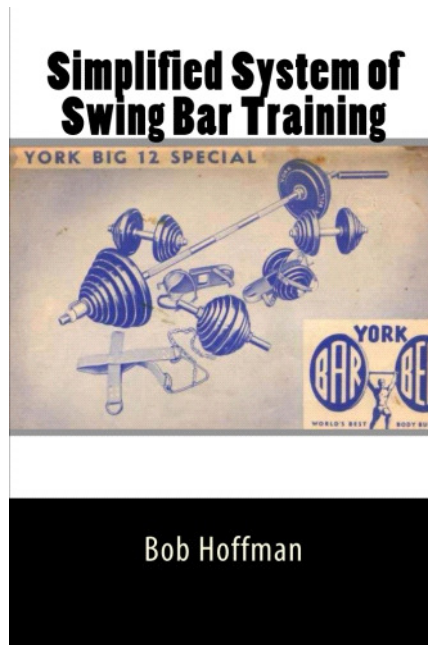
Also look for the two other Simplified System books featuring Dumbbells and Swing Bells.

\$14.95 - <http://amzn.to/13xgbU>



This book, Simplified System of Dumbbell Training, gives you two complete courses or workout plans with 12 dumbbell exercises to follow. Plus you'll find three additional exercises for the neck, chest and abs.

\$9.95 - <http://amzn.to/X2EiuR>

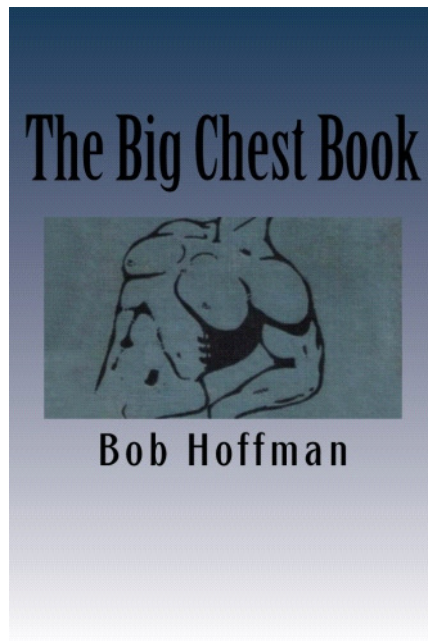


Simplified System of Swing Bar Training

In Simplified System of Swing Bar Training you'll learn how to use the swing bar, and since those are rare, you can substitute any kettlebell for the exercises.

You get two complete courses in swing bar training plus and additional one for dumbbells.

\$9.95 - <http://amzn.to/UTMTjm>

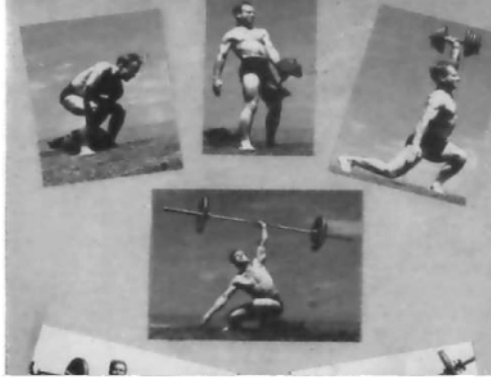


The Big Chest Book is probably the most complete work ever on what it takes to develop phenomenal pectoral muscles, an expansive rib cage, and the strength to back it up. Chapters include:

- I. EVERY MAN SHOULD SEEK A BETTER CHEST
- II. ORGANIC STRENGTH THROUGH DEVELOPING THE THORAX
- III. BIG CHESTED MEN ARE STRONG AND HEALTHY
- IV. CHEST IMPROVEMENT THROUGH PROPER POSTURE
- V. "GETTING INTO CONDITION"
- VI. THE TREASURE CHEST OF LIFE
- VII. ANATOMICAL DESCRIPTION OF THE LUNGS
- VIII. STRENGTHENING THE HEART
- IX. HOW TO DEVELOP THE CHEST
- X. BUILDING THE MUSCLES OF THE UPPER BACK
- XI. DEVELOPING THE LATISSIMUS DORSI
- XII. THE MUSCLES OF THE CHEST
- XIII. EXPANDING THE RIB BOX
- XIV. DISPLAYING THE MUSCLES OF THE CHEST AND BACK
- XV. BIG CHESTED MEN
- XVI. MORE IMPORTANT CHEST FACTS

Loaded with pictures of oldtime strongman this is a must for your collection.

\$19.95 - <http://amzn.to/ZRTNYH>



WEIGHT LIFTING

BOB HOFFMAN



In Weight Lifting you'll learn all about the famed lifters of the era like John Grimek, Steve Stanko, John Terpak, John Davis, Louis Abele and many more. You'll discover 50 different weight lifting exercises with pictures, descriptions and techniques so you can become as stronger or stronger then any of them. Over 150 pages in this large book format, there is tons to be found in this book.

\$24.95 - <http://amzn.to/VvMLGf>

THE TRAMPOLINE HANDBOOK

The Ultimate Guide to
Bouncing, Twisting & Flipping



BY CHUCK KEENEY

REVIEWED AND REVISED
BY LOGAN CHRISTOPHER

The Ultimate Guide to Bouncing, Twisting and Flipping on a Trampoline

The trampoline is an integral tool in building your acrobatic abilities whether to assist in gymnastics, for competition, or just to learn how to flip and twist for yourself. Many people have used a trampoline at some point in their lives. But how many use it for more than just a little fun.

Years ago I made the mistake of neglecting to practice on a trampoline when I was trying to improve my tumbling skills. I figured I only wanted to be able to do skills without any artificial aid. What I didn't realize was how the trampoline would help me to control my body better when I was in the air.

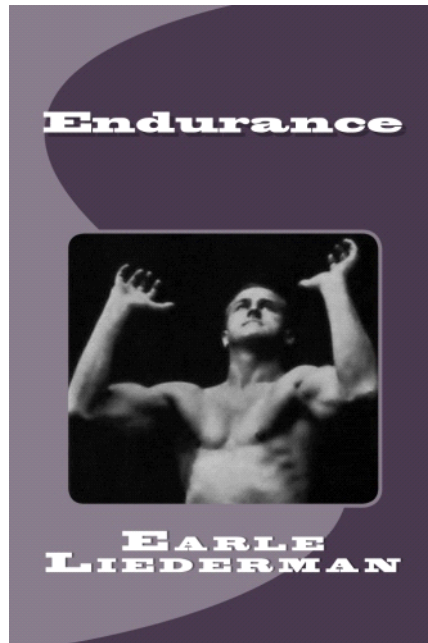
Even if you don't aim to do full twisting flips and the like you can just learn a few intermediate skills on the trampoline like forward and back flips. Moves that anyone can learn.

While you can just start bouncing on a trampoline trying a few moves at random, there hasn't been a set out progression to take you all the way from your first bounce up to more advanced skills until now.

The Trampoline Handbook changes that. Inside you'll find each move described in complete detail, the proper steps for attaining the full move, common errors and how to correct them, plus several photos for each stunt.

There are 50 complete trampoline stunts described in this way. All made step-by-step so that anyone can do them.

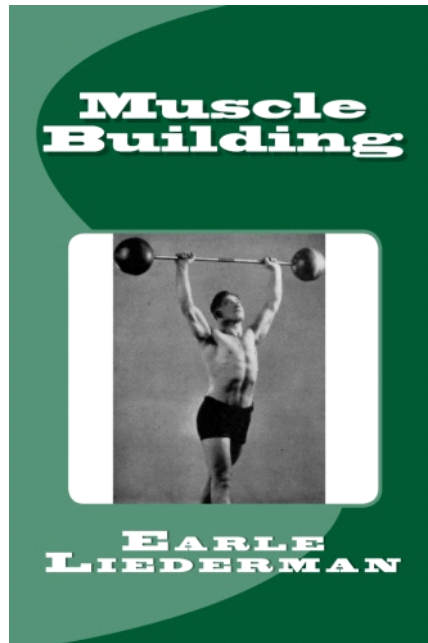
\$29.95 - <http://amzn.to/XK0BnP>



Earle E. Liederman was one of the leading strength authorities of his time. He was originally inspired by Eugen Sandow, whom he later partnered in business with. He became the editor of Muscle Power magazine later in life.

In his previous books Earle Liederman primarily discussed the building of muscles and strength. But, as the title suggests this volume is all about endurance in its many guises. From weight lifting to sports you'll discover the secrets of undying wind and unstoppable power.

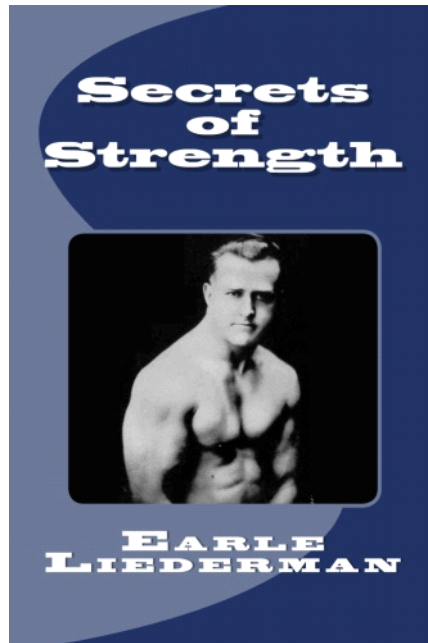
\$14.95 - <http://amzn.to/VAampa>



Muscle Building is probably Earle Liederman's finest work. Many exercises are described along with tons of photos. Chapters include:

1. The Various Forms of Exercise
2. The Ideal Measurements
3. The Structure and Development of the Neck
4. The Shoulders and Their Development
5. The Perfect Back and How to Develop It
6. The Massive Chest and How to Build It
7. Splendid Arms and How to Have Them
8. Training Your Abdomen to Make You Healthy
9. Symmetrical Hips and How to Acquire Them
10. The Well Developed Thigh
11. The Calf and Its Sturdy Curve
12. Posing for Muscular Display

\$14.95 - <http://amzn.to/WOEA3s>

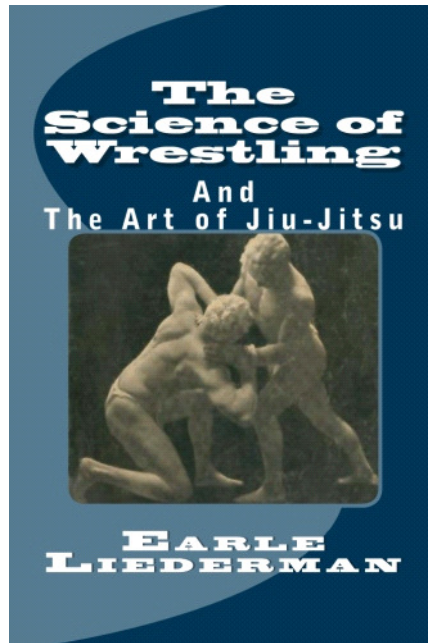


The great Eugene Sandow endorsed Liederman's course. "I have tested your system of physical culture, and I do not hesitate to express the opinion that it is a perfect health and muscle building system, both from a medical and a practical point of view, and one which if honestly practiced, cannot fail to produce the best possible result. I certainly recommend anyone desirous of obtaining health and strength to follow your system. That you may continue successfully in your good work is the wish of your fellow-enthusiast, Eugene Sandow."

Secrets of Strength is all about building incredible strength. includes the following chapters:

1. Inherited and Acquired Strength
2. Power and Strength
3. Strength Through Muscular Development
4. Are Small Bones a Bar to Strength?
5. Strength Through Natural Advantages
6. Quality of Muscle the Basis of Strength
7. Strength Through Symmetry
8. Strength from Perfect Digestion
9. The Importance of Big Lungs and a Strong Heart
10. The Secret of Nervous Energy
11. Building Vital Force and Reserve Energy
12. Building Strength

\$16.95 - <http://amzn.to/W0Gi2L>

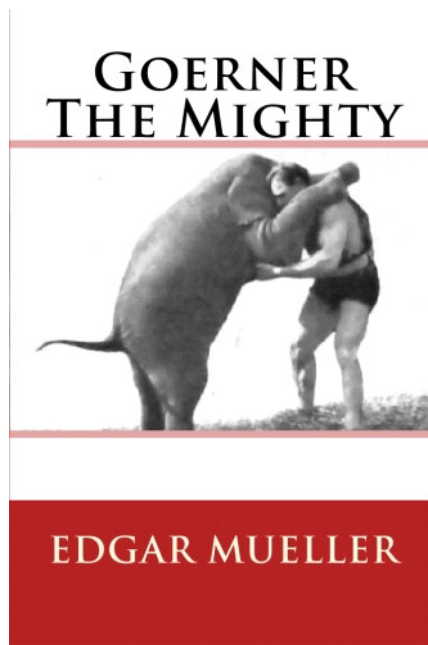


The Science of Wrestling discusses the real differences in wrestling for sport, including the rules of Catch-as-Catch-Can and in self-defense situations.

You'll discover 121 photos of wrestling moves with descriptions on how to do them. Then in The Art of Jiu-Jitsu you'll find 53 photographs of real world street fighting tactics.

A classic in the field. This is oldtime information but much of it is really street effective.

\$19.95 - <http://amzn.to/XtKGci>



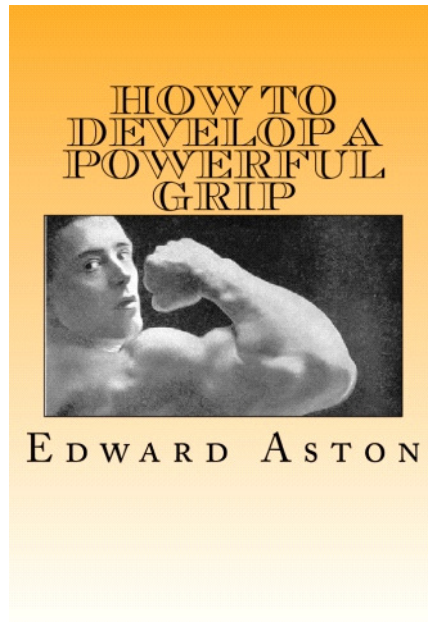
Hermann Goerner is certainly a candidate for one of the world's strongest men to ever live. A champion weightlifter and the fact that he literally wrestled an elephant as part of his circus strongman act pays testament to that.

Here are just a few of his amazing lifts you'll read much more about in this book. Pressing a 137 ¾ lb weight with his right hand. And a 793 lb. deadlift that was hundreds of pounds over everyone else of his time, with it only being beaten in recent years, by people often much heavier. Not to mention a 734 lb one hand deadlift. Or wrestling with an elephant as is pictured on the cover! Here is one feat as described in the book...

At Dresden on 25th July, 1920, Görner lifted the enormous weight of 430 lb. (a little more than 195 kilos) overhead in the Two Hands 'Anyhow' style, performing the feats with four kettleweights in the following manner. He first of all swung with the right hand two kettleweights, one weighing 110¼ lb. and the other 99¼ lb. Still holding the bells overhead, he then bent down and picked up with the left hand a third kettleweight weighing 110¼ lb. (50 kilos), which he then swung to arms length and transferred to the thumb of the right hand. Then, still holding the three kettleweights overhead in his right hand, he lowered his body carefully and with the left hand picked up the fourth kettleweight, which he slowly swung to arms length. The combined weight then held overhead for the referee's court was, as has been stated, no less than 430 English lb. or more than 195 kilos. This was a truly stupendous feat of strength...No man in the world has ever lifted more weight in the shape of Kettle-weights in the 'Anyhow' style than Hermann Görner

This book details his life, his feats, how he trained for them and more.

\$12.49 - <http://amzn.to/UHgKXU>

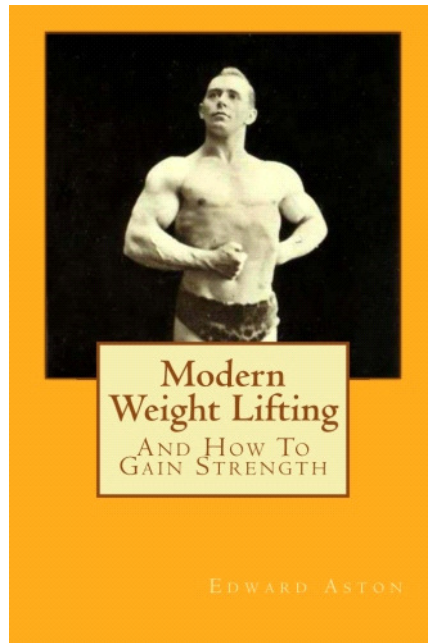


Edward Aston was one of the lesser known oldtime strongmen. But he was a pupil of Maxick and very strong in his own right. He gained the title of "Britain's Strongest Man" by beating out Thomas Inch, a title which he held for over twenty years. He is also the creator of the Anti-Barbell which is a marvelous training tool that few people are aware of.

This book, *How to Develop a Powerful Grip*, gives you 20 exercises for increasing your hand strength. Some of these use specialized tools but the majority are available to all even without standard gym equipment. You'll also read stories of the oldtime strongmen and how important grip strength is to their trade with lots of details and inside tricks.

"Everyone of us today should be interested in the possession of a powerful grip. And when I say everyone, I mean everyone: man, woman, boy or girl...Now the greatest factor for the creation of a powerful grip is SHEER WILL POWER, for one cannot develop more-than-average strength concentrated in the hands and forearms without one possesses the necessary mental force capable of creating and exerting that power. The man with good gripping powers is invariably a man with a mind of his own, knowing what he requires from life and determined to get it. Hundreds of books have been written on the subject of Will Power, extolling the benefits to be derived from the improvement of this mental trait, while the methods to be used in its creation have been variously prescribed from gazing fixedly at a glass crystal to the act of bending down to touch one's toes fifty times every morning, but so far as I can remember not one book has advocated the cultivation of the gripping powers of the hand as a means of strengthening one's character and determination. Yet we see and hear the connection every day of our lives."

\$12.95 - <http://amzn.to/WZqJrI>



This book, Modern Weight Lifting, will give you all the foundational advice of Edward Aston as he discusses training, building strength, nutrition and other health practices. Twelve exercises are shown in this volume and much more.

\$12.95 - <http://amzn.to/Ykf0Gy>



System of Physical Training E u g e n e S a n d o w



Eugene Sandow, born Friedrich Wilhelm Müller, was a Prussian pioneering bodybuilder in 19th century and is often referred to as the "Father of Modern Bodybuilding."

Sandow was regarded as the ideal or perfectly built man. But not just show muscles, Sandow was a performing strongman as well topping many of the other strongmen of his era.

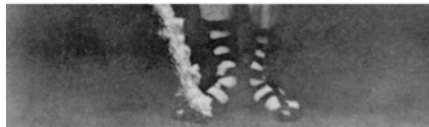
In this book Sandow details his ideas, methods and in fact entire system of physical training for strength and muscle. Also includes tons of stories from his travels and much more.

\$19.95 - <http://amzn.to/VzX0JN>



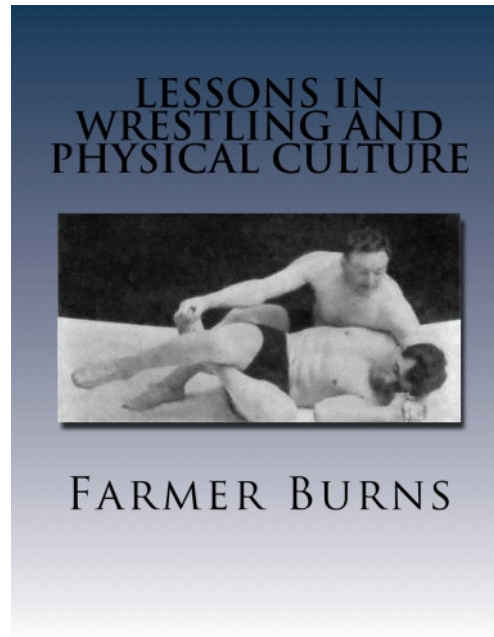
THE GOSPEL OF STRENGTH

EUGEN SANDOW



This book, *The Gospel of Strength*, features a series of talks on different aspects of physical culture, from diet to exercise, women's health and more. As in all his books this one contains many stories of Sandow's performances and travels.

\$14.95 - <http://amzn.to/TROtAC>



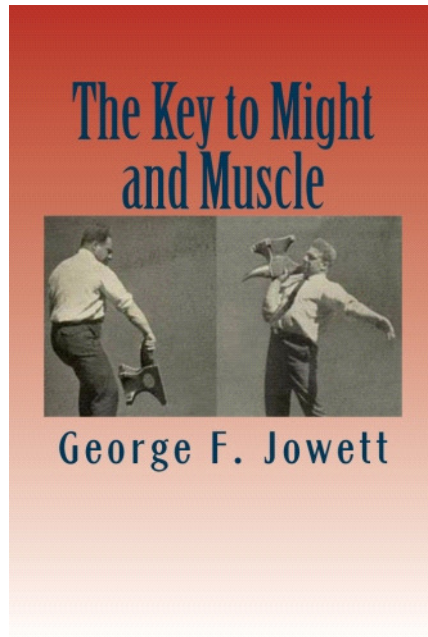
"I became worlds champion BECAUSE my staunch friend and teacher "the old Farmer" MADE ME CHAMPION." - Frank Gotch

Martin "Farmer" Burns - The World's Most Scientific Wrestler. Weighing less than 170 pounds, he wrestled more than 6000 professional matches and won all but seven of them - an almost unbelievable feat. Hundreds of his victories were over the best known foreign champions that outweighed him from 50 to 100 pounds.

He devoted his life to the study of wrestling and physical development . One of his most famous feats, besides wrestling, was his ability to take a six-foot hangman's drop and remain unharmed with his phenomenal 20 inch neck strength.

In Lessons in Wrestling and Physical Culture you'll learn all about how to wrestle scientifically, including many holds and techniques forgotten today in 6 separate lessons within this book. In addition, you'll find 6 lessons on building your body up with physical culture, from deep breathing exercises, diet, calisthenics and much more.

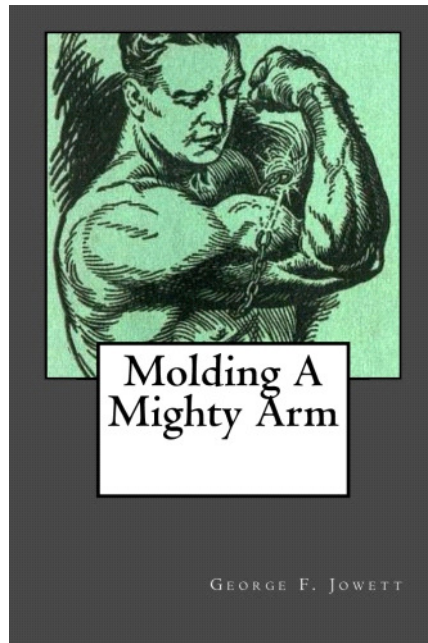
\$24.95 - <http://amzn.to/V3tVFq>



The Key to Might and Muscle is his greatest work in the strength field. Tons of information on exercises from head to toe, with many stories of his fellow strongmen and their feats. If you buy one book for strength and fitness this would be a great choice. Here are the chapters inside:

1. A Few Chapters From the Story of My Life
2. The Truth About Exercise
3. Defining the Mystery of Strength
4. Curative Exercises
5. Building a Mighty Chest
6. Is There Such a Thing As Bone Strength?
7. What is the Bogey in Forearm and Calf Development?
8. Thickening the Wrist by Strengthening the Grip
9. The Value of Finger Strength and How It Is Acquired
10. Famous Men of Might and Muscle
11. How a Columnar Neck Creates Nerve Force
12. Strengthening the Weakest Link in the Spinal Chain
13. Creating Intense Vitality By Abdominal Development
14. Banishing Round Shoulders & Protruding Shoulder Blades
15. Some Fascinating Facts and Figures
16. How to Develop Superb Hips and Thighs
17. Where is the Science of Lifting Weights?
18. Building a Shapely Arm
19. How Specialization Destroys the Jinx Of Stubborn Muscles
20. What is Man's Limit in Weight-Lifting?
21. Why Home Exercise is the Best
22. Do You Know the Sources of Your Vitality?
23. The Standard That Determines the Ideal Shape

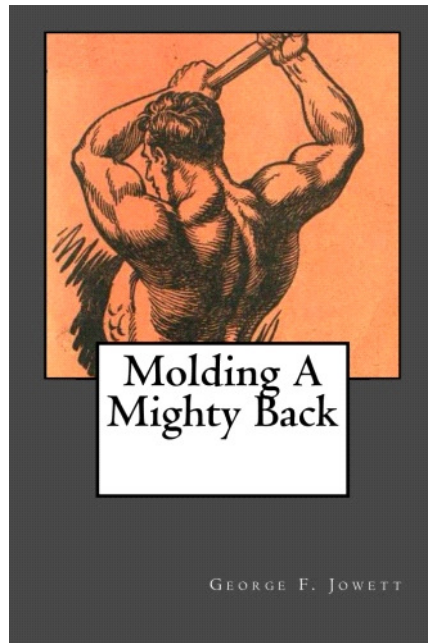
\$19.95 - <http://amzn.to/VvOXgY>



The story of George F. Jowett is most inspiring to all who are seeking great strength and a powerfully developed body. As a boy he was badly injured and physicians declared he would never live to see the age of fifteen. What the physicians overlooked was the consuming flame of desire which burned within the weak, undersized body. He overcame his physical problems and rose to be one of the world's strongest and best built athletes.

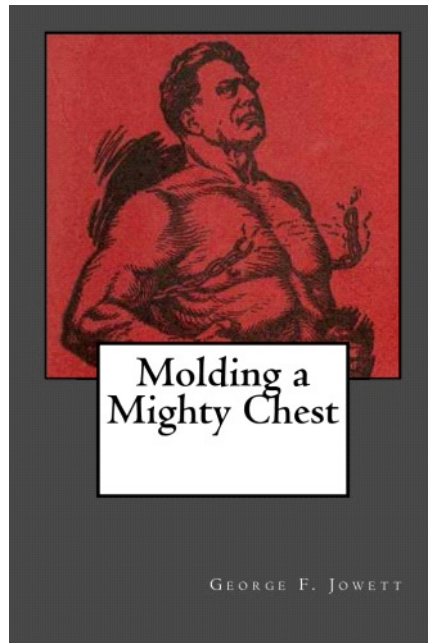
In Molding A Mighty Arm you'll learn what you must do in order to build a strong and sizable arm including 15 different exercises that will make it happen fast. This book is one of six in the Molding Mighty Men series.

\$9.95 - <http://amzn.to/X2rikA>



In Molding a Mighty Back you'll discover 15 exercises they develop the powerful exercises of the back which include the latissimus dorsi, the trapezius and more. Along with building the strength and mass of the back these exercises will also develop stronger shoulders and arms.

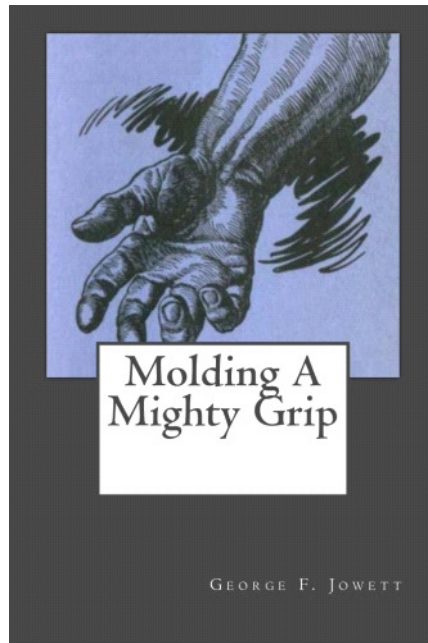
\$9.95 - <http://amzn.to/Y0QfDa>



In *Molding a Mighty Chest* you'll discover what it takes to add size and strength to your chest and torso. This involves multiple muscles, the bones and lungs as well. You'll find Jowett's 8 favorite exercises for getting the job done.

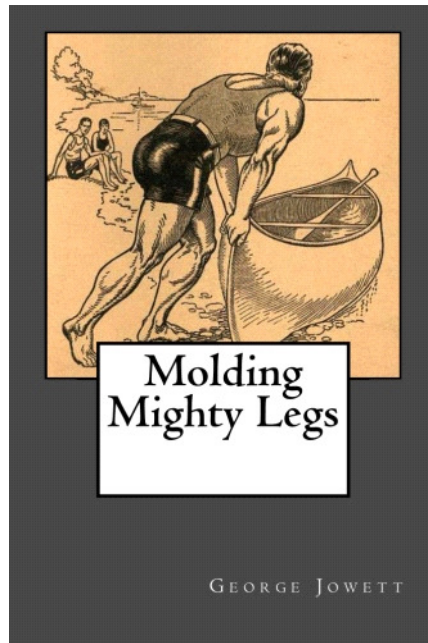
This book is one of six in the *Molding Mighty Men* series.

\$9.95 - <http://amzn.to/TRPxVi>



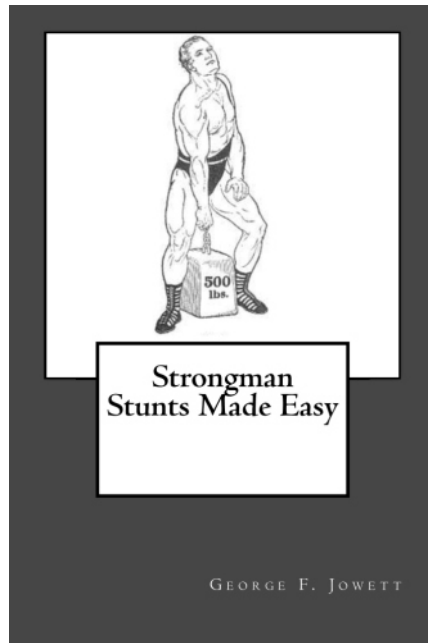
In Molding A Mighty Grip you'll learn what you must do in order to build sizeable forearms as well as hands capable of crazy feats of strength.

\$9.95 - <http://amzn.to/UHdlIx>



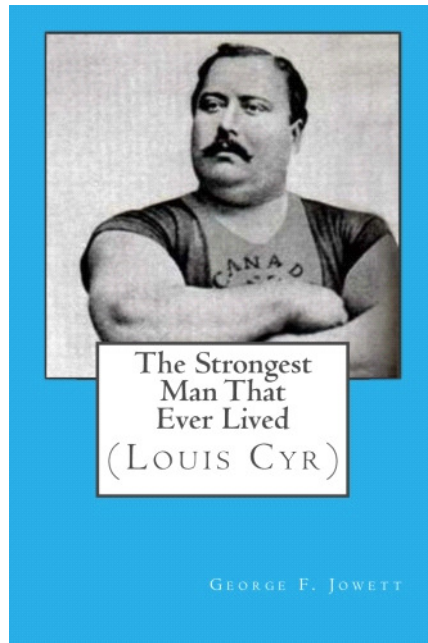
In Molding Mighty Legs we'll begin with an anatomical description of all the muscles of the legs. From there you'll discover what it takes to make these strong muscles even stronger and grow in size. With 11 exercises, many of which are rarely seen today, you will mold mighty legs.

\$9.95 - <http://amzn.to/VUqKyr>



In Strongman Stunts Made Easy you'll learn how to do the bent press, lift people overhead, tear phonebooks and decks of cards, bridge with heavy weights and much more. You'll be able to impress your friends, families and any crowd.

\$9.95 - <http://amzn.to/ZUCiqG>



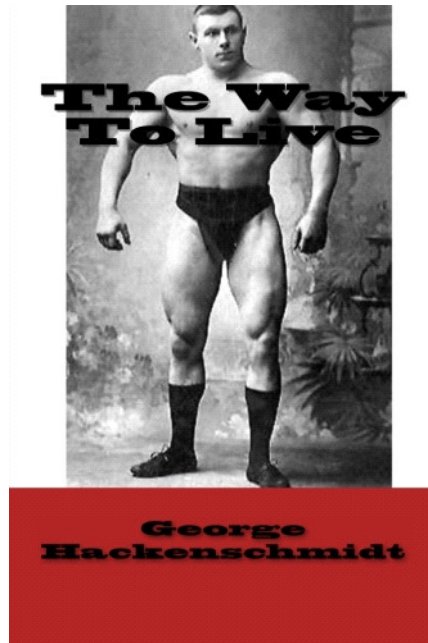
The Strongest Man that Ever Lived was written about Louis Cyr by the well-known strength author, George F. Jowett. Here is my review of this book. First off it's obvious from the title that Jowett believed Cyr was genuinely the strongest of the strong and in fact could claim the title of the strongest man ever. This book then backs up this claim with story after story and feat of strength after feat.

And at what Louis Cyr did there is ample evidence that he was the strongest then, and with some feats that are still unbroken today, could still be called by that title. The book is a biography covering the work and exploits of Louis Cyr. As many of the others it is light on specific training information, but you can still gain some ideas by reading between the lines.

Much of the book details contest after contest that Cyr engaged in with people like Cyclops, Johnson, Pennell and others. Of course he won in all of these. And because of his reputation people like Sandow avoided ever testing their strength against his, simply because they knew they would loose. Speaking of these contests:

"No man ever has accomplished such wonderful lifting over so many consecutive lifts as Cyr did night after night. No wonder Johnson said, "I can out-lift any man in the world, but it is impossible for any man to out-lift that elephant." (referring to Louis Cyr)

\$14.95 - <http://amzn.to/VUwgB3>

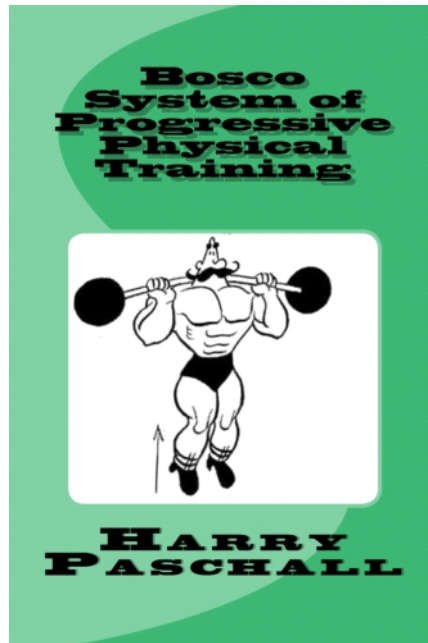


The Way to Live by George Hackenschmidt is one of the classic, and often quoted, books in any physical culturists library. The Russian Lion as he came to be known, or Hack, was a phenomenal strongman and wrestler. This book really comes in two parts, first the instructional, then the biographical and we'll deal with each in turn.

Hack was a all around strongmen as exemplified by his weightlifting feats and wrestling prowess. All of this required not only strength but agility and speed. One of the feats mentioned early in the book was turning a forward somersault with a pair of 50 lb. dumbbells in his hands. That sounds like something fun to try!

- I. Introduction
- II. Why Should we be Strong?
- III. Adaptability and Characteristics
- IV. Physical Perfection and Strength
- V. Nutrition
- VI. Rest and Wholesome Sleep
- VII. Training
- VIII. Exercise without Weights
- IX. Muscle Exercises with Weights
- X. Weights for Exercises
- XI. Exercises for Athletes
- XII. Time Tables for Training
- XIII. Dr. von Krajewski, the Father of Athletics and his System of Life
- XIV. The Story of My Life

\$13.95 - <http://amzn.to/13peR8W>

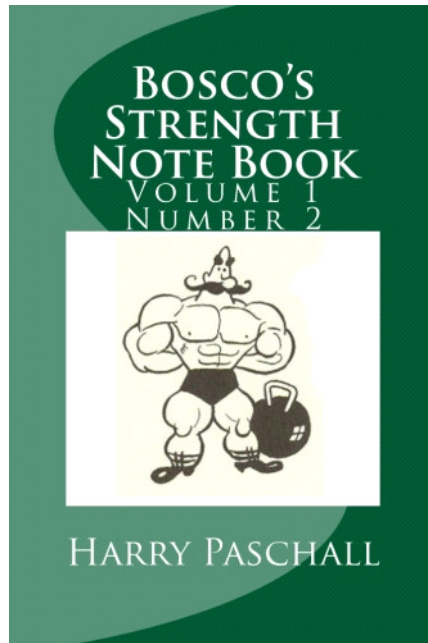


Harry Paschall was inspired as a young man by the performances of Sandow and Saxon. He became an accomplished national lifter himself though was best known for his writing being one of the most famous writers in the strength magazines.

Using humor and commonsense training advice throughout, he is best known for his larger than life cartoon character Bosco.

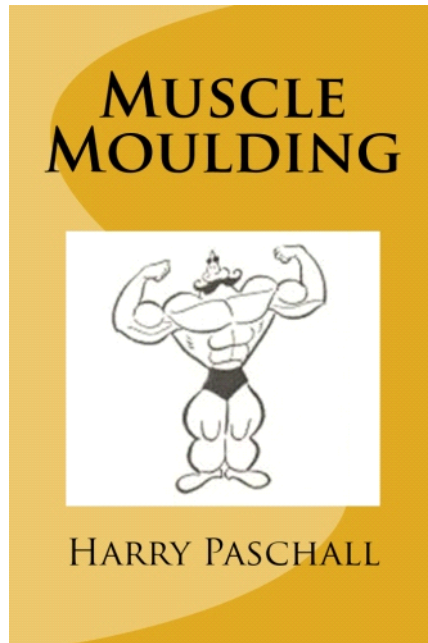
In this, The Bosco System of Progressive Physical Training, coming after his most famous book Muscle Moulding, you'll find four complete courses on strength building recommended to keep you occupied for a minimum of 5 months. Plus many other great training tips from rest to progression are inside this short but powerful book.

9.95 - <http://amzn.to/VXSPda>



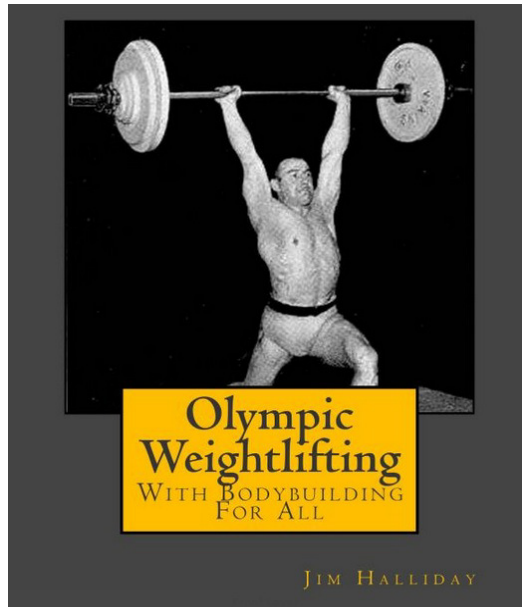
In Bosco's Strength Notebook you'll find a bunch of training information, from 'The Thin Man - Perennial Problem' to 'The Fabulous Bent Press', Squat Style Snatches, Backstage with Bosco and much more.

\$9.95 - <http://amzn.to/UTW6Z1>



In his first book, Muscle Molding, you'll find tons of training advice from What is a Perfect Man? To How Barbell Men Go Wrong. Features complete exercises selections and muscle moulding schedules for you to follow. Plus a whole bunch of Bosco cartoons added in!

\$12.95 - <http://amzn.to/WOuPCg>

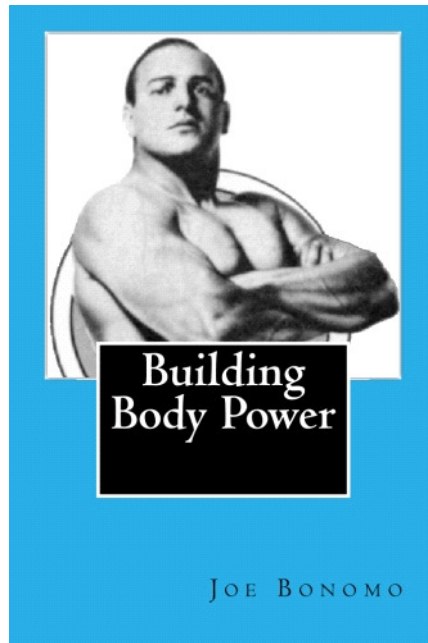


If you're looking for a classic book all about Olympic Weightlifting, including the Press, as this was written before it was removed, than this is the book for you. Inside you'll find workout schedules, techniques, assistance exercises and much more. Great for those looking to improve their Olympic weightlifting ability.

William Pullum, the famous strongman, author and weightlifter begins in the introduction:
"Every so often in the athletic world arises crack performer who seemingly "has everything". Not only outstanding ability, but apparently an extraordinary gift of being able to stimulate the ability to "super pitch" when circumstances demand such rise to the occasion. Not only pronounced physical attributes, but mental ones as well. A man who enjoys popularity not merely by reason of being a champion and provider of sensational thrills, but also because he possessed an engaging personality. Exactly such an individual is the author of this book.

"As reading of it proceeds it will become apparent that Jim Halliday possesses literary as well as athletic talent. He writes with knowledge and a conviction born of practical experience; he writes with the force, humour and sincerity of his natural character; and – he writes well! Easily, fluently, interestingly, succeeding all the time in making perfectly clear what he wants to put over. It is, in my opinion, a remarkable first effort, and he can take proper pride in the achievement."

\$14.95 - <http://amzn.to/YDYSjd>



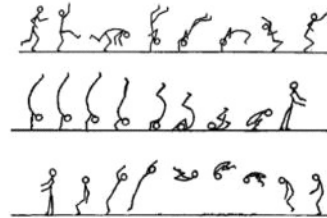
Joe Bonomo was a famous American weight lifter, strongman and stunt man in the early days of movies. He was the winner of the Mr. Modern Apollo contest in 1921.

Building Body Power was probably his most famous course. It covers exercises for the entire body all done with bodyweight exercises with a complete 12 week course. There is also a whole chapter of Correct Food Selection and a chapter on Becoming a Stunt Man. Every exercise is photographed and you'll find a lot more inside too.

\$14.95 - <http://amzn.to/VSL0Td>

TUMBLING ILLUSTRATED

The Guidebook to Acrobatic Mastery



L.L. McCLOW

**ILLUSTRATED by
D.N. ANDERSON**

**Reviewed and Revised by
Logan Christopher**

"Unleash Your Inner Acrobat" Step-by-Step Guide gives you 248 Moves You Can Master even if You've Never done a Somersault or can do Full Twisting Back Flips

Keeping in shape use to be a top goal of mine but its gone beyond that now. I want more. I want complete control. To be able to pull off impressive moves for the personal challenge but also to WOW others. To feel good and powerful, really to be my own sort of superhero. To train like a Ninja!

I know its tough when you look at super-high level athletes and think *"I could never do that."* That you have no way to get there. Even though you may want it badly, it seems like there is no plan nor way of training to do it. But there is a way to do this safely and reap the benefits no matter your level. And if you stick to it in a little time you'll be doing moves that'll leave others saying, *"I wish I could do that!"*

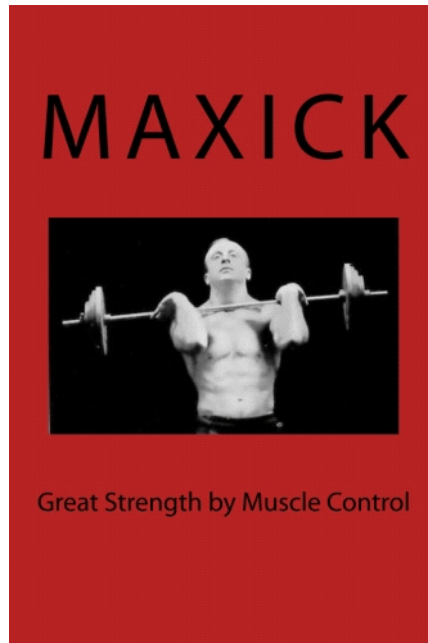
Acrobatic Flips, Springs, Balances and More all at your Fingertips

Tumbling Illustrated is a long forgotten book by L.L. McCLOW. There was much debate in deciding the best way to teach acrobatics to you, and for a long time I put off the decision. So why did I finally choose this book to help you? Let me tell you.

Moves You can do Right Now and Moves You can Aspire to

With the great variety of moves you're bound to come across many that you can do immediately. The greatest thing in this book is that there are moves you'd have never even thought about doing. Many of these moves are low-risk and can be done right away with a little practice.

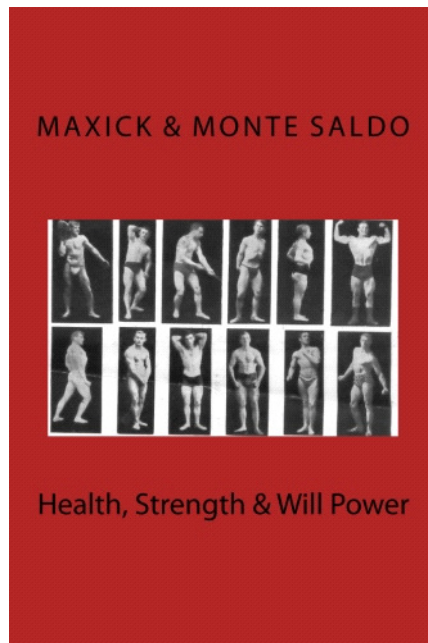
\$14.95 - <http://amzn.to/121zObY>



Maxick was the first to bring to life the art of Muscle Control, not to mention one of the best ever at it. Along with muscle control he became a world class lifter putting over double bodyweight overhead with a lift of 322-1/2 lbs. while weighing only 145lbs!

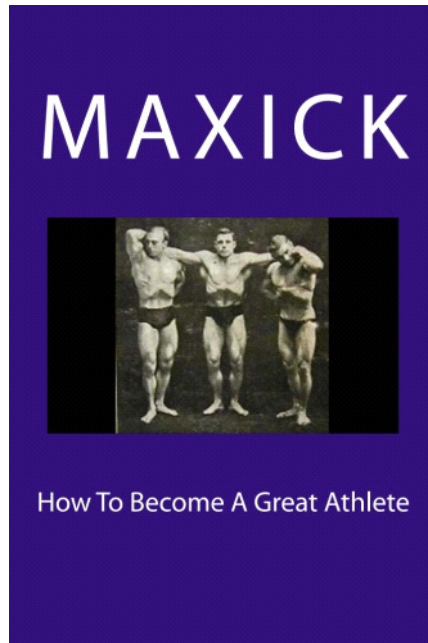
In Great Strength by Muscle Control, Maxick's follow up to his classic Muscle Control, he dives into weight lifting. The techniques for the many lifts popular at the time, and how to apply your muscle control towards them.

\$14.95 - <http://amzn.to/UUELwg>



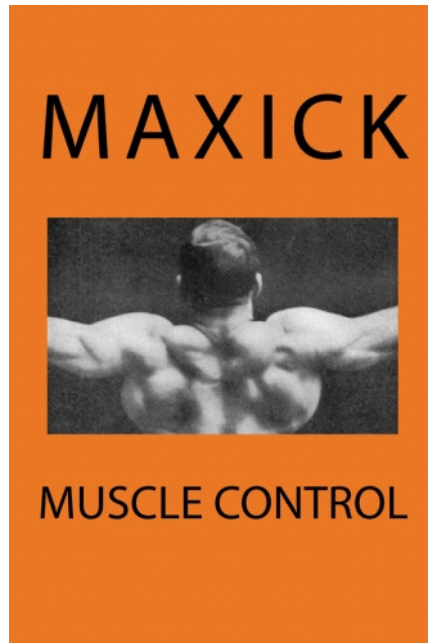
Monte Saldo was Maxick's business partner and almost equal in strength and muscle control power. As co-author in Health Strength & Will Power you'll learn the basis of their entire Maxalding System.

\$12.95 - <http://amzn.to/V3qm1S>



How to Become a Great Athlete probably predates his most famous work, Muscle Control. And in this book you'll find information on muscle control, weightlifting, health, and a gallery of photographs not seen elsewhere.

\$14.95 - <http://amzn.to/V3qtdM>



The classic book on Muscle Control from one of the best ever at the art, Maxick, the oldtime strongman. If you're looking to develop tremendous will power, control over your muscles, the ability to tense and relax at will then this book is a must.

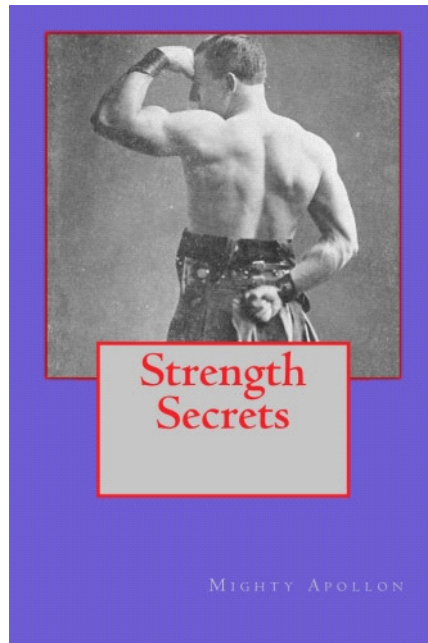
Born as a small child and attacked with rickets, he shortly became a robust young lad through his practice of muscle control. He went on to become one of the strongest people of his time, while maintaining a very small bodyweight. Here are Maxick's Amazing Feats Of Strength at a Weight of less than 147lbs:

- Right Hand Military Press, 112 pounds
- Right Hand Snatch, 165 pounds
- Right Hand Swing with Dumbbell, 150 pounds.
- Right Hand Jerk, 240 pounds
- Two Hands Military Press, 230 pounds
- Two Hands Clean and Jerk with Barbell, 272 pounds.
- Two Hands Continental Jerk with Barbell, 340 pounds

In a contest at finger-pulling, in which Maxick was "unbeatable," Maxick could pull a 200-pound opponent clear across the table that separated the two men.

He pressed van Diggelen (185 pounds) overhead 16 times with his right arm, while holding in his left hand a glass of beer full to the brim, without spilling a drop. Earlier that same day, he had pressed Fred Storbeek (205 pounds), who was then the heavyweight British Empire Boxing Champion, 11 times with his right arm.

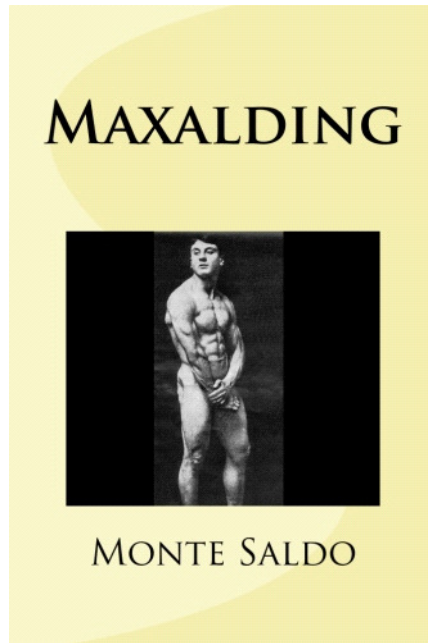
\$9.95 - <http://amzn.to/XtE3a4>



J. C. Tolson was most well known by his stage name, The Mighty Young Apollon. He was from the Yorkshire and took his stage name from Louis Uni, the original Apollon.

Like many strongmen after successfully touring around performing many legit feats of strength, some of which you'll read about in this book, he began to run successful postal courses on building strength.

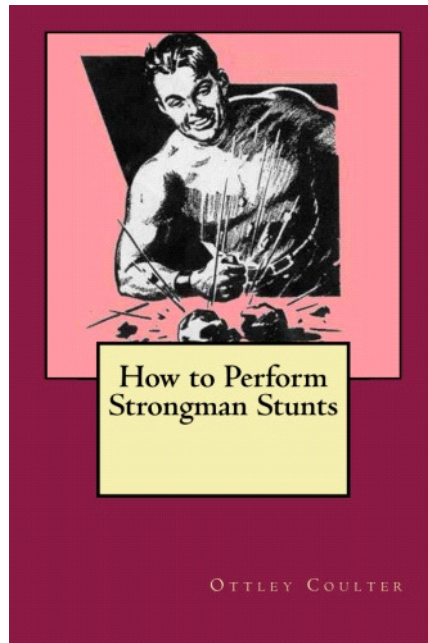
\$9.95 - <http://amzn.to/VA8HzZ>



Monte Saldo, together with Maxick, formed the Maxalding system of physical culture which was based upon muscle control and healthy living. Early on he became an apprentice to Eugen Sandow, and followed suit in strongman performances, one of his specialties being the "Tomb of Hercules".

In this book, Maxalding, you'll find all the details on healthy living and then a total of 35 muscle control and bodyweight exercises, every single one of which has a picture displaying its correct technique.

\$14.95 - <http://amzn.to/10pHmVd>



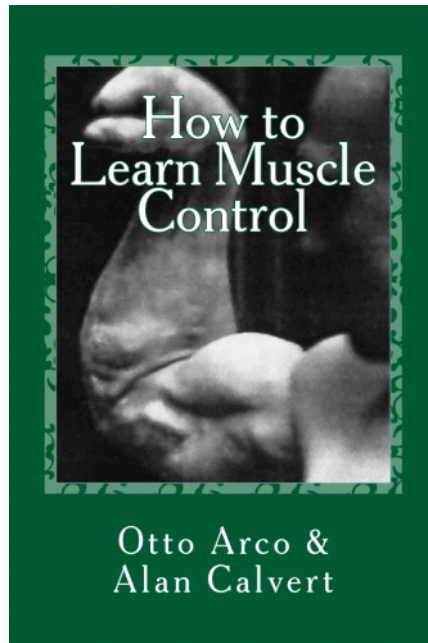
Ottley Coulter has been called bodybuilding's first historian. Early on he was a partner of George F. Jowett and may have actually wrote his Molding Mighty Men series.

In this book, How to Perform Strongman Stunts, you'll learn all about the following:

- How to Tear a Telephone Book in Half
- How To Tear A Deck of Cards In Half
- How To Drive a Spike Through A Board or Sheet of Metal
- How To Bend A Heavy Steel Spike With The Hands
- How To Lift A Man Overhead With One Hand
- How To Smash A Rock With A Blow of the Fist
- How to Support 1,000 Lbs. of Living Weight With Ease
- How To Life More With One Finger Than Others With Two Hands
- How To Lift And Swing A Man With Your Teeth
- How to Resist the Pull of Four Men
- How to Break a Spike with the Teeth
- Plus a short Muscle Building Course

There are many tips and tricks in doing these well known feats of strength. Get started with this book today.

\$9.95 - <http://amzn.to/VX2dlt>



Otto Arco is the marvel of physical culture experts, the idol of countless physical culture fans all over the world. He has one of the most magnificent builds that any man has ever developed. Arco is master of the difficult art of muscle control, perfect coordination which is the secret of all great feats of strength.

In this book Arco, along with renown strength expert Alan Calvert, shows you all the tips and exercises to learn muscle control yourself. With it you'll gain health, muscles, strength and better control over your body.

\$10.49 - <http://amzn.to/V3qE99>

THE TRUE ART AND SCIENCE OF HAND BALANCING



BY PROFESSOR PAULINETTI
& ROBERT L. JONES

EDITED AND FOREWORD
BY LOGAN CHRISTOPHER

“Discover The Secrets From The Greatest Hand Balancers Of All Time!”

Now You Can Use Their In-Depth Knowledge To Build The Strength And Skills You’ve Always Desired

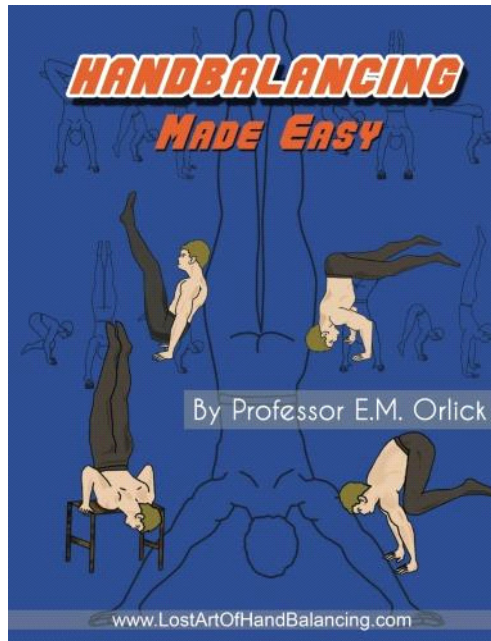
Professor Paulinetti, was superior to every man in the hand balancing game. He originated many of the tricks including the truly unbelievable one-arm planche. Not only could he stand on one hand better than most people could on one leg, but he was as good at teaching others as performing.

Robert Jones was one of Paulinetti’s most promising pupils. His most legendary skill was the thumbs balance on the tips of Indian clubs. This and other feats made him famous and he was featured in Ripley’s Believe It Or Not nine times.

Between the two of them there was 70+ years of practicing and teaching hand balancing and gymnastics. Back in the 1940’s they wrote THE book on this art. In order to pass their memory and teachings on I have made this book available again today because this “lost” information cannot be allowed to slip into the cracks of time. With their aid you will not have to suffer through practicing your handstands any longer without the knowledge of how to do it right.

Would you like to learn from two of the greatest hand balancers of all time?

\$49.00 - <http://amzn.to/121B27h>



“Anyone who is interested in handbalancing, for any reason whatever, whether amateur or professional, gymnast, acrobat, dancer, bodybuilder, weight-lifter, strength athlete, physical culturist, stunt man, diver, coach, teacher, physical instructor, or anything else, will benefit from Prof. E.M. Orlick’s outstanding Handbalancing Courses. They are packed full of valuable information, are easy to understand, easy to follow, and more complete than anything else ever written about the exciting sport of HANDBALANCING.”

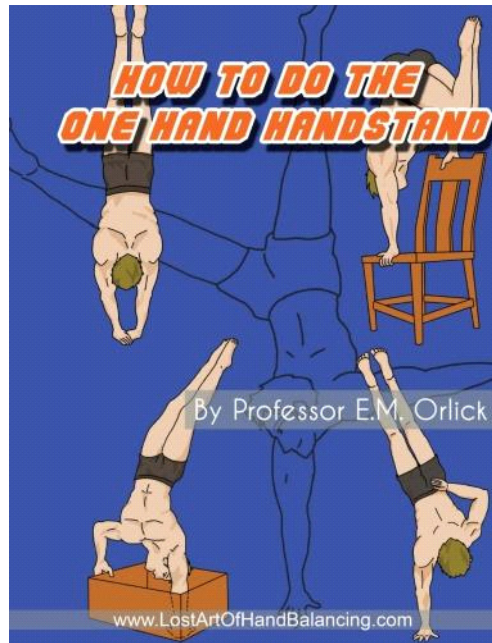
-Dr. R.J. Douglas

Everything you need to know to get started (and quickly) on learning hand balancing including how and when to train is covered.

Hand balancing will build great strength but there are certain exercises that can’t be beat in results and functionality. Whether you need to build the strength for a Tiger-Stand Press-up, the core strength to hold a difficult position, or fingers capable of clawing the ground to prevent any chance of overbalancing, everything you need is covered.

This is a complete course on getting into great shape but it is just the launching pad for what’s coming next. The best part is each move leads you right into the next. And almost every single exercise is illustrated to show you the proper way to do it.

\$29.95 - <http://amzn.to/YkmlG2>



The One Hand Handstand is at least 10 times as difficult as the normal handstand. Just about every single aspiring hand balancer wants to master this trick far and above any other because it is so damn cool.

They say only one in a hundred people can hold a handstand. And out of those less than one in a thousand can do this amazing stunt. That means less than 1 in 100,000 can do it.

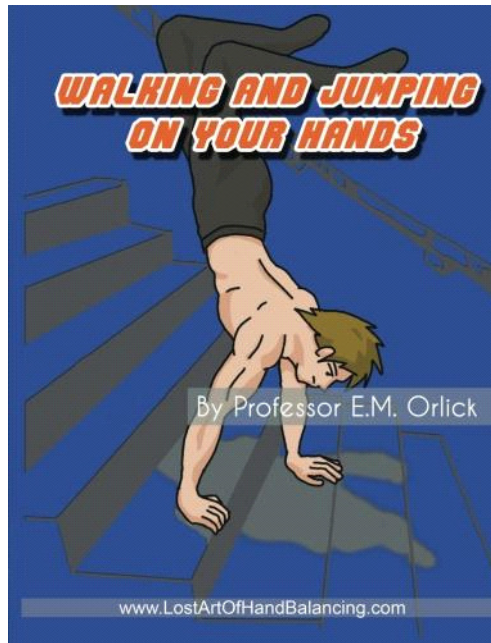
How would you like to be that one?

I have seen lots written about this subject but I must say, there is no better instruction then in this book on how to achieve the lofty goal of a one hand handstand.

Here are some of the details inside:

- 17 Exercises to Build the Strength and Stability You Need to Hold this Trick (My Personal Favorites are the Wig-Wag and Heavy Hold-Ups)
- How to Start at the Half-Way Mark
- Tips on Fingertip Control (Even More Essential for the One Hand Stand)
- 8 Lead-up Exercises that will develop the Control, Strength, and Stability you require for the One Hand Handstand
- The Correct Hand Positions
- The Two Leg Positions you should go after and which ones to avoid
- The RIGHT WAY to learn the One Hand Handstand
- How to Ease your way into the Correct Position
- And more

\$29.95 - <http://amzn.to/121BFxJ>



Professor Orlick tells his story of walking down eight flights of stairs at one time. Can you imagine having that kind of skill and strength?

You can with step-by-step instructions (no pun intended) for walking, running, jumping, climbing and more all on your hands. I was blown away by the simplicity in how the Professor presented this material.

Here is a partial list of what's inside:

- **Why you Must Learn to Stand on your Hands First**
- The Orlick Walk-n-Stop Method for Absolute Handstand Control
- **Ordinary Handwalking and 5 Variations**
- Walking Backwards and Sideways
- **The 4 Methods of Turning on your Hands**
- How to Dance on Your Hands
- **The Half and Full-Step methods of Climbing Stairs**
- Tips on tackling a Real Flight of Stairs whether going Up or Down
- **The Biggest Secrets to Stair Walking**
- Climbing onto Tables and Ladders
- **The Secret to Jumping on your Hands**
- 4 Extra Important Tips when Jumping
- **13 Variations of Jumping including Clapping Jumps, Jumps for Distance, Jumping Up and Down Stairs and much more** From your first baby steps to jumping on top of tables it is all inside. Broken down into instructions so simple you're going to be smacking your head saying "Why didn't I think of that?"

\$29.95 - <http://amzn.to/XKgZV8>

FIVE POUND DUMBBELL EXERCISES



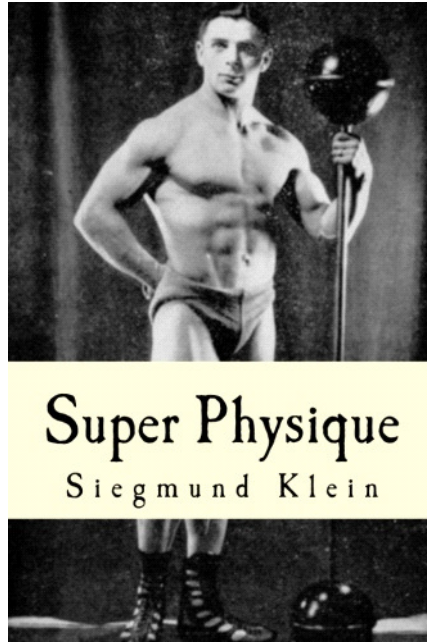
PROFESSOR
ATTILA

If you're looking for a complete strength and fitness building program to be used with dumbbell exercises then you've found it.

Great for men, women and even children.

Inside this books you'll find 27 exercises with instructions and photographs of each. Follow this step-by-step program for use with light dumbbells and you'll get the results you desire.

\$9.97 - <http://amzn.to/Z3T2ro>



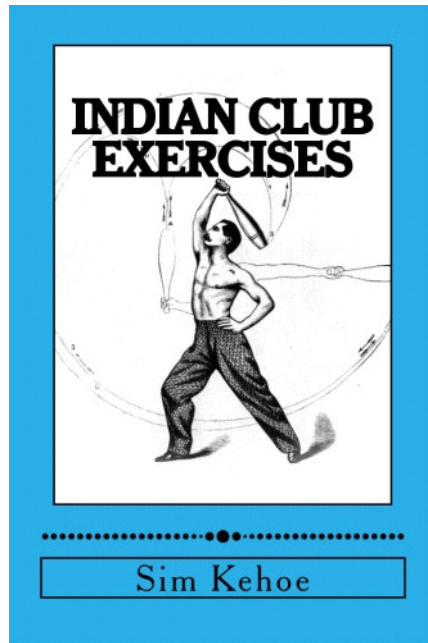
SIEGMUND KLEIN was born in West Prussia, on April 10th 1902. Unlike many strength athletes, who claim to have been weaklings in youth, he was a fairly normal child, born of healthy parents. Always fond of exercise, the boy took his full share of whatever games and sports came his way and was particularly fond of lifting any heavy weights encountered in his daily work of assisting an elder brother to run a bakery business.

His first barbell was purchased in in 1919 at the age of 17 years and on the very first day of its arrival he settled down to regular training, with such success that within a few months he could elevate one hundred pounds in the 'Two Hands Press'; always a favorite lift with him.

This performance was doubled to two hundred pounds after two year's training at a body-weight of 147lbs. His first stage appearance was at Luna Park, Cleveland, where together with a partner, he gave a show which included hand balancing and lifting, where he registered the above lift. This was the forerunner of many stage shows, which have delighted the 'strength' fans of America. For Klein has a natural aptitude for this class of entertainment and one of his productions of the revue type, in which he was assisted by a team of girls, was voted one of the best shows yet staged in that land of spectacular presentations.

His life ambition was not however to be a stage performer, but to equip and own the finest barbell gymnasium in the States. This was partly realised in 1927, when on the death of Prof. Attila - the World Famous Strength Performer and trainer of many of the most celebrated names in the history of strength - he took over the management of his gymnasium. He married Miss Grace Attila, the charming daughter of the late Professor, thus linking the two names of renown.

\$9.95 - <http://amzn.to/VVevRT>



Indian clubs have had a resurgence of popularity in the past couple years. They're a great way to train for general fitness, mobility, flexibility and coordination. Once you try swinging the clubs you're likely to fall in love with them.

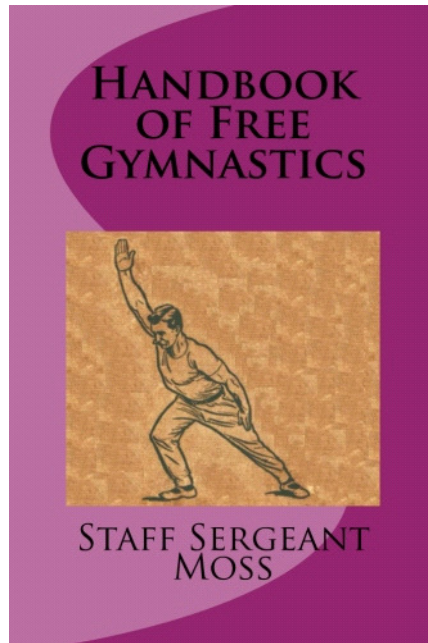
While there are trainers certified in the art these days, you can step back in time to the classic and original book on Indian club exercises. After an overview of what Indian clubs can do for you, you'll discover...

The 8 Movements that form the Alphabet of Indian Club Exercises.

And then 20 specific exercises with drawings and details instructions for each.

Pick up this classic book today and start swinging!

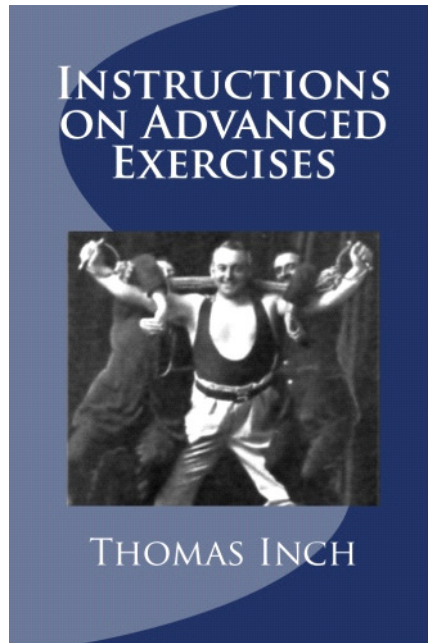
\$12.95 - <http://amzn.to/10pMLvC>



Staff Sergeant Alfred Moss was a well known figure in the British Army, including winning the prize at the Gymnastics Competition in 1900. After that he became a performing strongman and later prolific writer in physical culture.

In the Handbook of Free Gymnastics, you'll discover a wide variety of exercises done with no equipment. These are basics and are done with a military bent not seen elsewhere. Also in this volume is a variety of dumbbell exercises you can use.

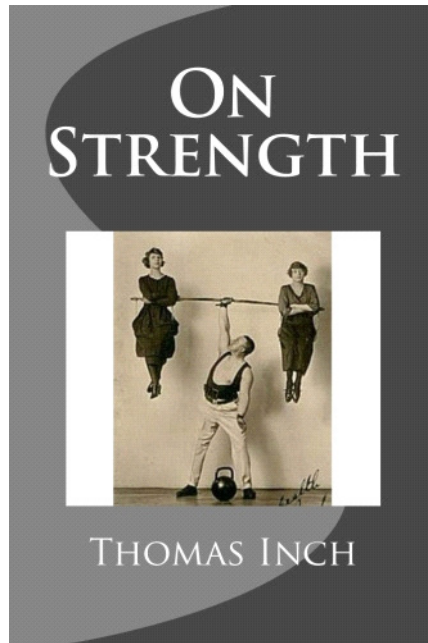
\$12.95 - <http://amzn.to/UeFzMq>



Thomas Inch is probably most famous for his “un-liftable” Inch dumbbell, which stopped many of the strongmen of his day and age. He is one of the most famous physical culturists in Britain history, having written many books, courses and was also credited with introducing the first plate barbells and dumbbells.

In Instructions on Advanced Exercises you’re laid out two step-by-step plans for using dumbbells and barbells to get much stronger. Every thing is laid out for you. It also includes a special chapter by Arthur Saxon on the Bent Press.

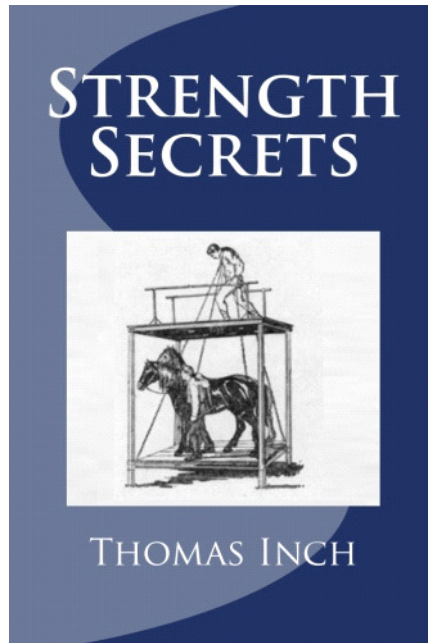
\$9.95 - <http://amzn.to/YKQNZY>



On Strength is the most complete and popular of Thomas Inch's work. This book includes chapters on:

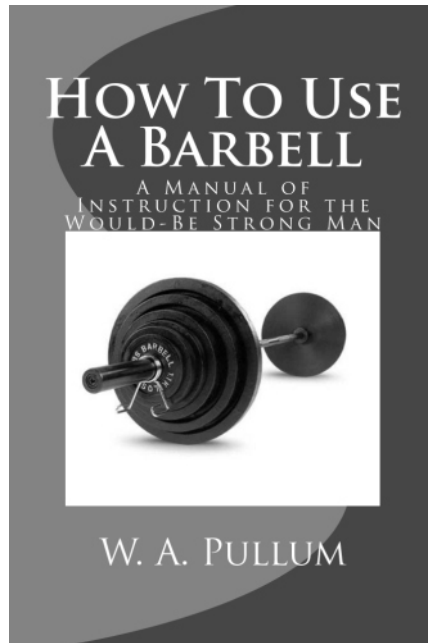
- I. STRONG MEN – ANCIENT AND MODERN
- II. METHODS OF MUSIC HALL STRONG MEN
- III. PHYSICAL CULTURE PITFALLS
- IV. MENTAL EFFICIENCY
- V. GENERAL HYGIENE, INCLUDING BREATHING
- VI. DIET
- VII. SPEEDWORK AND CHEST DEVELOPMENT
- VIII. FOREARM DEVELOPMENT – THE GRIP
- IX. ART OF FULL CONTRACTION
- X. THE BOXER'S TRAINING SYSTEM
- XI. SELF-RESISTANCE EXERCISES
- XII. STRENGTH – HOW DEVELOPED
- XIII. MINIATURE WEIGHT-LIFTING
- XIV. TRAINING FOR WEIGHT-LIFTING
- XV. HOW TO PERFORM THE RECOGNISED B.A.W.L.A. LIFTS AND OTHER STRONG MEN'S FEATS

\$14.95 - <http://amzn.to/RML8Dd>



In Strength Secrets you'll learn some of his secrets like developing tendon strength and speed. Then there is a list of feats worthy of any would-be performing strongman.

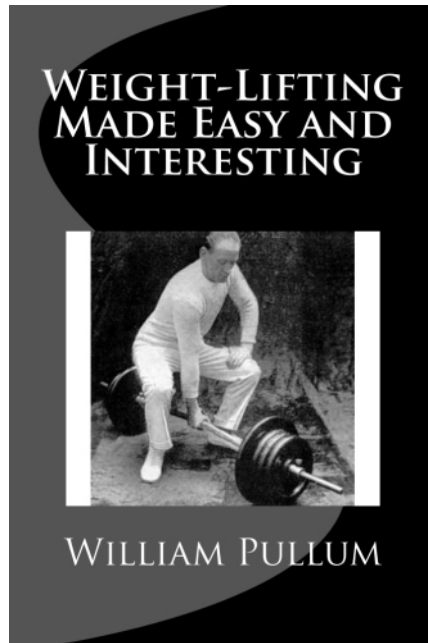
\$9.95 - <http://amzn.to/X2k4jo>



William A. Pullum was born a weakly and sick child in 1887. He survived and built himself up through the proper use of physical culture. In 1911 he became a champion under the then new BAWLA. This was the first championship of many. In fact from 1911 to 1915 he broke no less than 192 world's and British weight lifting records.

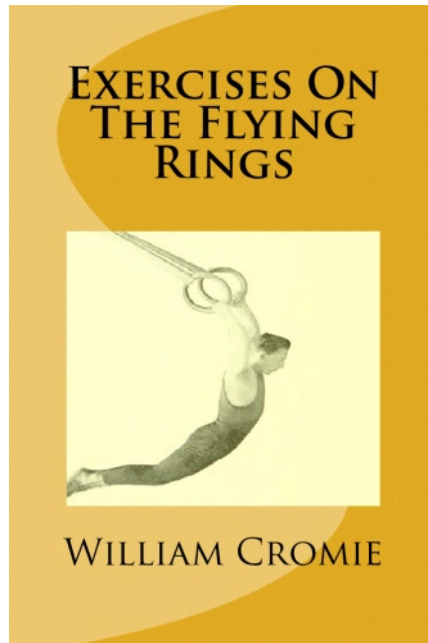
This book features an introduction to all the needed basics of weight lifting. It gives plenty of advice on training, including the programs of many of Pullum's most successful pupils. At the end entire training courses as well as techniques of all the major lifts are described.

\$12.95 - <http://amzn.to/VUxgVK>



This is Pullum's most complete work. It covers tons of different exercise in lots of technical detail, including photos. If you want to lift weights, and read about many people who've had great success in the past doing so, make sure you add Weight-Lifting Made Easy and Interesting to your library.

\$19.95 - <http://amzn.to/13qJBW5>



Want to learn a variety of exercises on the gymnastic or flying rings some of which aren't seen in gymnastics anymore?

This classic book gives you 22 different moves from upstarts to backwards cut-off, back flyaway, levers, the cross and much more.

Short and simple. Get this book and add these moves to your repertoire today.

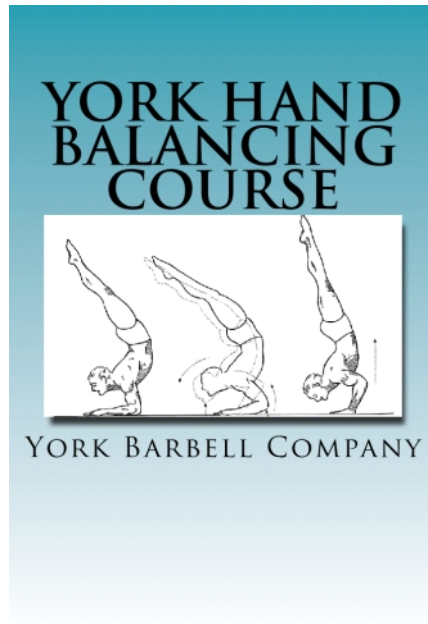
\$7.95 - <http://amzn.to/YILOMp>



How to Get Strong and How to Stay So by William Blaikie was one of the first books ever published on physical culture. In fact, it is the book that helped Bernarr MacFadden get started on his journey to becoming the Father of Physical Culture.

This book goes over a lot of information on why strength training and exercise is important for everyone including women and kids. And then of course it shows you how to do it.

\$14.95 - <http://amzn.to/XSmcaV>



Includes both Courses 1 and 2 in a single book.

DID YOU EVER NOTICE when you see a group of strong men together that, sooner or later, they take time out for some handbalancing? Handbalancing to a bodybuilder, a weightlifter or any barbell man, is as natural as a duck taking to water. I think one reason for this is the fact that barbell trained men are so much stronger than others that the difficult balancing stunts are to them very easy. Furthermore, lifting barbells has given them unusual co-ordination which is very necessary to the would-be balancer.

The purpose of this course is to instruct the beginner in the rudiments of handbalancing, correct the errors that most handbalancers make and explain the more popular feats and routines to him. We will start off with the very simplest form of balance and work up to the extremely difficult feats known only to a few professionals. We will go through a discussion on the theory of balancing – the knowledge of which will turn the average handbalancer into an expert. If you properly digest this First Course you can, in a few months time, become quite proficient at balancing.

The Second Course takes the proficient hand balancer and turns him into an expert with moves like the lofty One Hand Handstand and much more.

\$19.95 - <http://amzn.to/VRYAUF>

TOP 10 Best Oldtime Strongman Books

1. The Development of Physical Power by Saxon
2. Secrets of Strength by Liederman
3. The Key to Might and Muscle by Jowett
4. The Mystery of the Iron Samson
5. The Way to Live by George Hackenschmidt
6. Goerner the Mighty by Edgar Mueller
7. Muscle Control by Maxick
8. Functional Isometric Contraction by Hoffman
9. Vitality Supreme by Bernarr MacFadden
10. How to Develop a Powerful Grip by Edward Aston

Total Retail Price: \$179.50

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<http://www.strongmanbooks.com/GetTop10Books/>

Bob Hoffman Package Set

1. Advanced Methods of Weight Training
2. Big Arms
3. Broad Shoulders
4. The Big Chest Book
5. Functional Isometric Contraction
6. Weight Lifting
7. Simplified System of Barbell Training
8. Simplified System of Dumbbell Training
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4. How to Learn Muscle Control by Otto Arco and Alan Calvert
5. Muscle Flexing by Antone MATysek
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2. Hand Balancing Made Easy by Professor Orlick
3. Walking and Jumping On Your Hands by Professor Orlick
4. How to do the One Hand Handstand by Professor Orlick
5. York Hand Balancing Courses 1 & 2

Total Retail Price: \$158.8

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