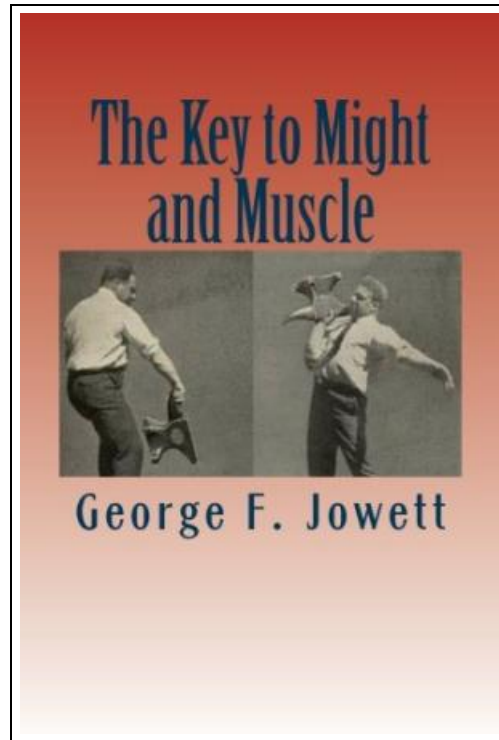


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THE KEY TO MIGHT AND MUSCLE



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 252 pages. Dimensions: 8.9in. x 5.9in. x 0.8in. Find more similar titles including a Free Catalog at www.StrongmanBooks.com 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 worlds strongest and best built athletes. 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 and Protruding Shoulder Blades 15 - Some Fascinating Facts and Figures 16 - How to Develop Superb Hips and Thighs 17 - Where...



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