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System of Physical Training

By Eugene Sandow

Createspace, United States, 2010. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Find more similar titles, Sandow's other books and a Free catalog go to Eugene Sandow, born Friedrich Wilhelm Muller, 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.



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