



Advanced Methods of Weight Training

Bob Hoffman

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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

The Amount of Weight to Use

Know Your Muscles

Keep A Record

Don't Neglect Your Dumbell Training

Why Some Succeed and Others Fail

Long Successful York Training Principles

This is followed by 16 Time Proven York Training Principles:

Time Proven York Training Principles

The Single Progressive System

The Double Progressive System

The Three Days A Week Training System

The Five Days A Week Training System

Irregular Training

Limited Programs

Other Schemes of Progression

The York Heavy and Light System

The Compound System

The York Set System

Upper and Lower Body Training System

Flushing The Muscles

The Overload System

Specialization

The Thousand Exercises

Advanced Routines

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

COURSE NO. 1 THE POWER PLUS COURSE

COURSE NO. 2 THE POWER COURSE

COURSE NO. 3 THE WEIGHT LIFTING COURSE

COURSE NO. 4 AN UNUSUAL COURSE
COURSE NO. 5 AN EXCELLENT HEAVY DUMBBELL COURSE
COURSE NO. 6 LEVERAGE EXERCISES
COURSE NO. 7 BOB HOFFMAN'S FAVORITE BARBELL COURSE SIMPLIFIED STYLE
COURSE NO. 8 ONE HEAVY DUMBBELL COURSE
COURSE NO. 9 THE FOOTBELL COURSE
COURSE NO. 10 CHEST EXPANDER SYSTEM
COURSE NO. 11 INCLINED BOARD TRAINING
COURSE NO. 12 PULLEY TRAINING
COURSE NO. 13 SWING BELL COURSE
COURSE NO. 14 MR. AMERICA COURSE
COURSE NO. 15 MR. AMERICA COURSE
COURSE NO. 16 NECK DEVELOPING COURSE
COURSE NO. 17 ARM COURSE NO. 1 WITH BARBELL
COURSE NO. 18 ARM COURSE NO. 2 WITH 5 IN 1 MUSCLE BUILDER
COURSE NO. 19 SHOULDER BROADENING
COURSE NO. 20 CHEST DEVELOPING COURSE
COURSE NO. 21 DEVELOPING THE UPPER BACK
COURSE NO. 22 DEVELOPING THE LOWER BACK
COURSE NO. 23 SUPER ABDOMINAL COURSE
COURSE NO. 24 DEVELOPING THE UPPER LEGS

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From reader reviews:

Margarita Toman:

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