

Advanced Methods of Weight Training

By 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.

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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.

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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
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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
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Editorial Review

About the Author
From Wikipedia: "... Bob Hoffman, named 'Father of World Weightlifting' by the International Weightlifting Federation, founded York Barbell in 1932. As a prolific writer of books and articles, Hoffman promoted the benefits of exercise and nutrition. ... From the decades of the 1930s through the 1970s, York Barbell sponsored over 40 national championships and numerous Olympic gold medalists, a few of whom are featured in one of the Murals of York, PA. Today, the corporate office of York Barbell Company houses the official Weightlifting Hall of Fame and Museum in York, Pennsylvania and continues to host a variety of powerlifting and bodybuilding competitions."

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