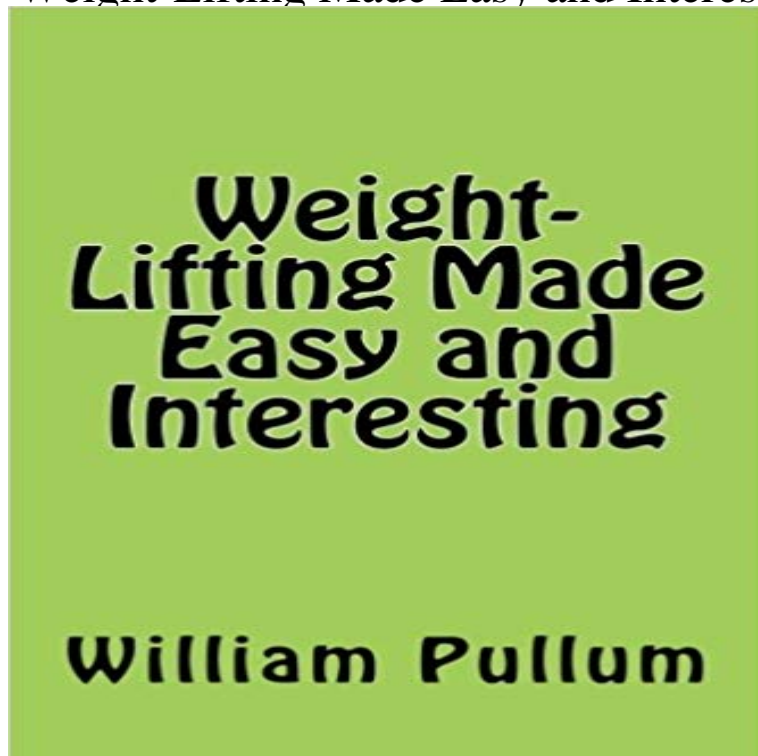


Weight-Lifting Made Easy and Interesting



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 worlds and British weight lifting records. This is Pullums 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 whove had great success in the past doing so, make sure you add Weight-Lifting Made Easy and Interesting to your library. www.StrongmanBooks.com

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