



Muscle Control

By Maxick

Createspace, United States, 2010. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Find more similar titles and get a free catalog at The classic book on Muscle Control from one of the best ever at the art, Maxick, the oldtime strongman. If you re looking to develop tremendous will power, control over your muscles, the ability to tense and relax at will then this book is a must. Born as a small child and attacked with rickets, he shortly became a robust young lad through his practice of muscle control. He went on to become one of the strongest people of his time, while maintaining a very small bodyweight. Here are Maxick s Amazing Feats Of Strength at a Weight of less than 147lbs: Right Hand Military Press, 112 pounds Right Hand Snatch, 165 pounds Right Hand Swing with Dumbbell, 150 pounds. Right Hand Jerk, 240 pounds Two Hands Military Press, 230 pounds Two Hands Clean and Jerk with Barbell, 272 pounds. Two Hands Continental Jerk with Barbell, 340 pounds In a contest at finger-pulling, in which Maxick was unbeatable, Maxick could pull a 200-pound opponent clear across the table...

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