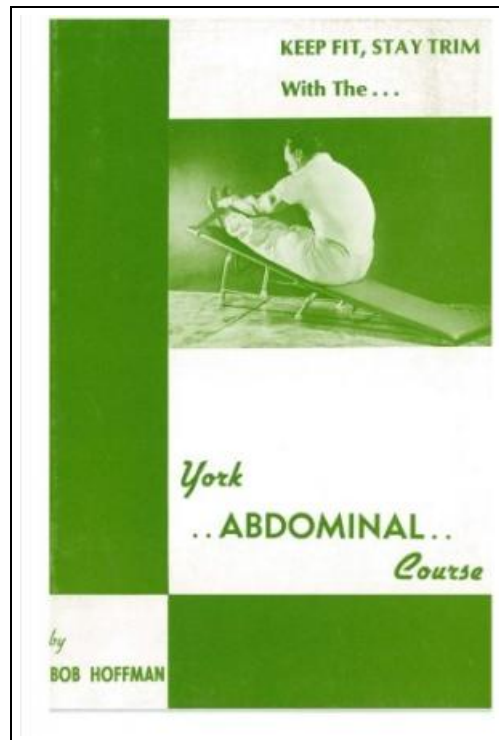


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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The York Abdominal Course is the classic exercise course originally written by Bob Hoffman, the founder of the York Barbell Company. In contains vintage photos of Bob Hoffman, as well as Golden Age iron game weightlifters and bodybuilders, such as John Grimek and Eugene Sandow. There are 2 complete abdominal courses laid out in detail, including the original illustrations from the rare wall chart that came with the original printing (now included as an exclusive final page). This time-honored manual includes 24 exercises, both bodyweight type and advanced exercises with weights. Includes the namaskur, commonly called the Hindu Push-up today. This edition has been adapted by Roger LaPointe, President of Atomic Athletic and the former Olympic Weightlifting Advisor of the York Barbell Company.

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