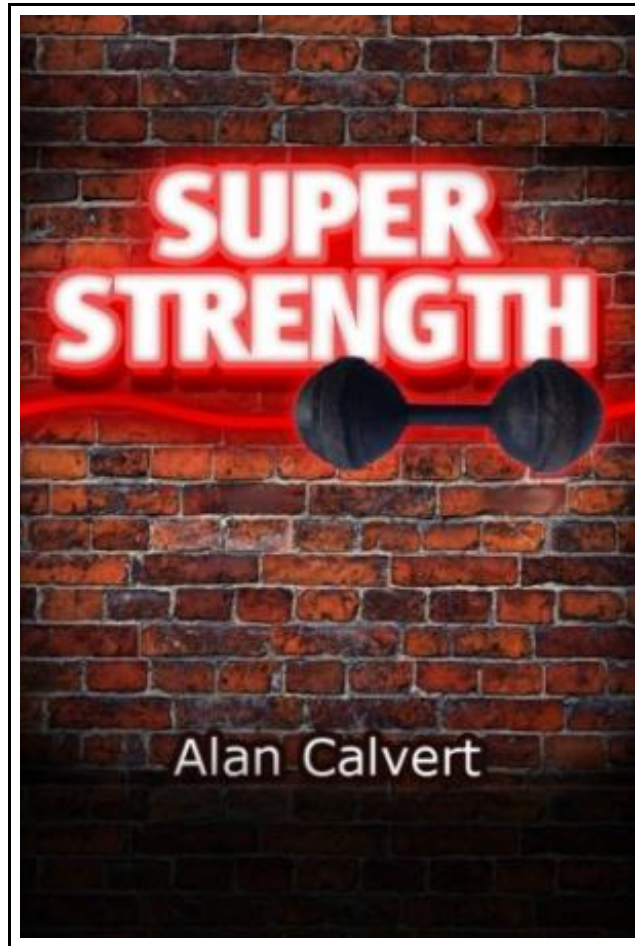


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 298 pages. Dimensions: 8.9in. x 5.9in. x 0.9in. This is a 6 by 9 restored and re-formatted edition of Alan Calverts original 1924 classic: SUPER STRENGTH. The text remains exactly as written in the original 1924 edition. This book is considered by many strength historians to be The Bible of modern muscle building and weight training. The great John C. Grimek kept only one book on his book shelf by his desk at York Barbell and it was his copy of SUPER STRENGTH. This book is truly one of the most influential in the history of the Iron Game and Physical Culture. Alan Calvert was one of the most important and most under-rated figures in the history of physical culture. He was the founder and publisher of STRENGTH MAGAZINE and the founder of MILO BARBELL COMPANY in the early 1900s. MILO was the first mass produced plate loaded modern barbell. STRENGTH magazine was an early leader in physical culture and many famous legends of the Iron Game such as Mark Berry, John C. Grimek, and many others, got their start there. This book has 26 chapters and 298 pages. There are many pages with old photographs and illustrations. This is a must have book for your physical culture library. Visit our website and see our many books at PhysicalCultureBooks.com This item ships from La Vergne, TN. Paperback.



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