



Bosco System of Progressive Physical Training

Harry Paschall

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Harry Paschall was inspired as a young man by the performances of Sandow and Saxon. He became an accomplished national lifter himself though was best known for his writing being one of the most famous writers in the strength magazines.

Using humor and commonsense training advice throughout, he is best known for his larger than life cartoon character Bosco.

In this, The Bosco System of Progressive Physical Training, coming after his most famous book Muscle Moulding, you'll find four complete courses on strength building recommended to keep you occupied for a minimum of 5 months. Plus many other great training tips from rest to progression are inside this short but powerful book.

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