

Find more similar books, including more from Harry Paschall and other strongmen authors at www.StrongmanBooks.com 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 *Bosco's Strength Notebook* you'll find a bunch of training information, from *The Thin Man - Perennial Problem* to *The Fabulous Bent Press*, *Squat Style Snatches*, *Backstage with Bosco* and much more.

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of articles in *Strength and Health* criticising certain publishers of bodybuilding mags, saying they earth articles, sense of humour and his alter ego, the larger than life cartoon character 'Bosco'. I believe *Muscle Moulding* was one of the best books written on Bodybuilding. *Bosco's Strength Note Book Volume 1 No 2*. ple sets of a strength training exercise are superior to a . Br J Sports Med: first published as /bjsm on 1 October Downloaded from.

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