



Weight Lifting: (Original Version, Restored)

By Bob Hoffman

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. I am a weight lifter. I like weight lifting and weight lifters. Training with and the lifting of weights, which to me was at first a pleasurable form of exercise, an outlet for the competitive instinct all real men possess, a means of keeping fit in the shortest possible time, has become my life s work. Once it was said, All that I am and all that I hope to be, I owe to my mother. I revere my mother more with each passing year, as my appreciation grows for the physical normalcy with which she endowed me. I have reached a point in my life where my age is nearly 41, but I feel younger than I did at twenty. I have such pep and energy, such boundless endurance, that life is really a pleasure. No wonder I feel that I owe what I am today to weight lifting. I echo the appreciation of many thousands of men and women who have built their bodies from physical in- feriority to perfection, or near perfection, through weight...



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Reviews

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-- Prof. Evans Balistreri DDS

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