



# Maxalding

*Monte Saldo*

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Monte Saldo, together with Maxick, formed the Maxalding system of physical culture which was based upon muscle control and healthy living. Early on he became an apprentice to Eugen Sandow, and followed suit in strongman performances, one of his specialties being the “Tomb of Hercules”.

In this book, Maxalding, you’ll find all the details on healthy living and then a total of 35 muscle control and bodyweight exercises, every single one of which has a picture displaying its correct technique.

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