



Muscle Moulding

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 his first book, Muscle Molding, you'll find tons of training advice from What is a Perfect Man? To How Barbell Men Go Wrong. Features complete exercises selections and muscle moulding schedules for you to follow. Plus a whole bunch of Bosco cartoons added in!

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