



# Advanced Methods of Weight Training

*Bob Hoffman*

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Bob Hoffman was probably the man most responsible for bringing weightlifting to the masses with his York Barbell Company.

Contains 51 principles of health, diet and success such as the following:

York Advanced Methods of Weight Training

The Best Time to Train

It's Important to Breathe Properly

How To Use The York Bar Bell Courses

The Amount of Weight to Use

Know Your Muscles

Keep A Record

Don't Neglect Your Dumbell Training

Why Some Succeed and Others Fail

Long Successful York Training Principles

This is followed by 16 Time Proven York Training Principles:

Time Proven York Training Principles

The Single Progressive System

The Double Progressive System

The Three Days A Week Training System

The Five Days A Week Training System

Irregular Training

Limited Programs

Other Schemes of Progression

The York Heavy and Light System

The Compound System

The York Set System

Upper and Lower Body Training System

Flushing The Muscles

The Overload System

Specialization

The Thousand Exercises

Advanced Routines

Lastly, this book contains a total of 24 Complete Advanced Training Courses.

COURSE NO. 1 THE POWER PLUS COURSE

COURSE NO. 2 THE POWER COURSE

COURSE NO. 3 THE WEIGHT LIFTING COURSE

COURSE NO. 4 AN UNUSUAL COURSE  
COURSE NO. 5 AN EXCELLENT HEAVY DUMBBELL COURSE  
COURSE NO. 6 LEVERAGE EXERCISES  
COURSE NO. 7 BOB HOFFMAN'S FAVORITE BARBELL COURSE SIMPLIFIED STYLE  
COURSE NO. 8 ONE HEAVY DUMBBELL COURSE  
COURSE NO. 9 THE FOOTBELL COURSE  
COURSE NO. 10 CHEST EXPANDER SYSTEM  
COURSE NO. 11 INCLINED BOARD TRAINING  
COURSE NO. 12 PULLEY TRAINING  
COURSE NO. 13 SWING BELL COURSE  
COURSE NO. 14 MR. AMERICA COURSE  
COURSE NO. 15 MR. AMERICA COURSE  
COURSE NO. 16 NECK DEVELOPING COURSE  
COURSE NO. 17 ARM COURSE NO. 1 WITH BARBELL  
COURSE NO. 18 ARM COURSE NO. 2 WITH 5 IN 1 MUSCLE BUILDER  
COURSE NO. 19 SHOULDER BROADENING  
COURSE NO. 20 CHEST DEVELOPING COURSE  
COURSE NO. 21 DEVELOPING THE UPPER BACK  
COURSE NO. 22 DEVELOPING THE LOWER BACK  
COURSE NO. 23 SUPER ABDOMINAL COURSE  
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