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"Hercules Bodybuilding System" is an amazingly detailed layout of a plan to develop large body and muscle size using exclusively a body weight program. The book is well written. The pictures are motivational with lots of posing images of famous body builders from Paul Wynter to Steve Reeves to Robert Kennedy and many more.

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Dwayne Johnson's Rock-Hard Hercules ... -
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Hercules Bodybuilding System - engineeringstudymaterial.net
The Hercules Bodybuilding System consists of twelve lessons. Originally a mail order course its now all available in one place. A total of 216 pages in printed form. Contains information and pictures on workout schedules, exercises, diet, health, bodybuilding practices and much more.

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The entire HERCULES #1 program is designed to coax your muscles into the fastest rate of growth possible. Keep in mind that you are following the most advanced and scientific bodybuilding principles obtainable, You will be showing some muscular improvement almost each day that you follow HERCULES If SO-day plan — But remember our 3 point program: 1.

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The pictures are motivational with lots of posing images of famous body builders from Paul Wynter to Steve Reeves to Robert Kennedy and many more.

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Classic Hercules II (Apollo-Power-One) 12 week bodybuilding course. Exercises presented in this course are bodyweight exercises only and include strongman secrets, fighting secrets etc. This course sold well in the 1970's in the back of muscle magazines. The Bench Press War by Denie The battle of the bench Physical and psychological tactics.

Hercules II bodybuilding classic course,Bench Press War ...
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The first is nervous system training. The second is muscular system training. Believe it or not, these two kinds of bodyweight training are poles apart...and they give radically different results! To best understand the differences between the two, check out the table below. NERVOUS SYSTEM. ADAPTATION The nervous system adapts by reconfiguring ...

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