



Strength and How to Obtain It

Eugen Sandow

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Strength and How to Obtain It Eugen Sandow

Eugen Sandow is probably the most popular of all old-time strongmen. He is considered to be The Father of Modern Bodybuilding and was most popular for various feats of strength and a number of Institutes of Physical Culture he founded. Aside from being a bodybuilder and a stage performer, Sandow founded created "Sandow's Magazine of Physical Culture" which was the most successful monthly periodical at that time. He published many books, including Strength and How to Obtain It, System of Physical training and Gospel of Strength.

Strength and How to Obtain it by Eugen Sandow is divided into two parts. The first part is focused on Sandow's system for gaining great strength, while the second part is entirely autobiographical. Be advised that some parts of this book aren't "politically correct" now, but they were just fine when the book was written.

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