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physical training is of the utmost importance. For on it the whole of my system depends. If physical exercise alone and unaided could achieve the desired end, then would every one who, like the breaker of stones, has to use his muscles to earn his daily bread, become, in a popular acceptance of the term, "a strong man."

EUGEN SANDOW - Evilcyber

Sandows System of Physical Training Page 2 Sandow's System of Physical Training THE following pages have been prepared under Mr. Sandow's direction and personal supervision. In the practical section appended to the narrative account of ...

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System of Physical Training was Eugene Sandow's first book. It actually wasn't written by Sandow, or not completely, but put together by an associate of his. I have to say it's not my favorite of the books we've read in the book club so far.

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