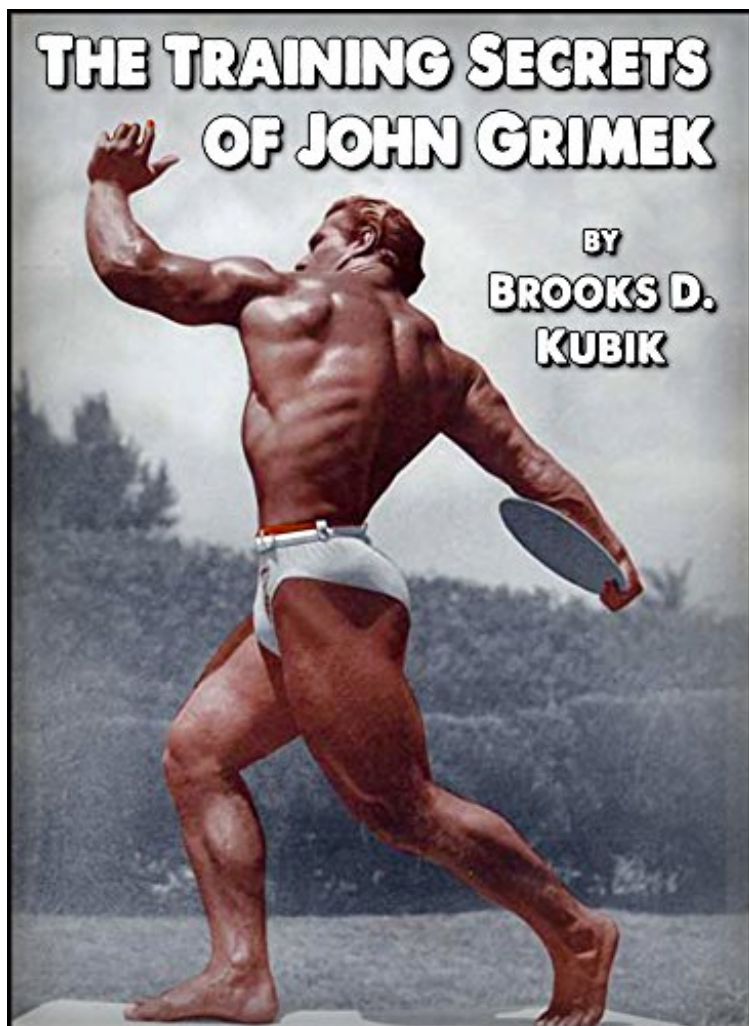


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# The Training Secrets of John Grimek (English Edition)



Par Brooks D. Kubik  
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## Description :

Prsentation de l'diteur"Back in the day" a single man epitomized old-school strength training and muscle building a man who combined massive muscular development, classic proportions, world-class strength and sheer, raw power in a manner never seen before or since. His name was John Grimek - and he may have been the greatest all-natural bodybuilder of all time. But John Grimek was more than a bodybuilder. He was an icon. Consider these accomplishments:Grimek won the USA Senior National Weightlifting Championships... Grimek set American records in weightlifting... On more than one occasion, Grimek narrowly missed setting an official World record in the military press... Grimek won the North American weightlifting Championships two times.Grimek defeated the legendary John Davis in weightlifting and was the last man to do so before Davis embarked on his epic win streak that ran from the 1938 World

Championships to the 1953 Senior Nationals... Grimek represented the USA in weightlifting at the 1936 Olympic Games... Grimek represented the USA at the 1938 World Weightlifting Championships... Grimek won the 1940 Mr. America contest... Grimek won the title "America's Most Muscular Man" at the 1940 Mr. America contest... Grimek repeated his Mr. America victory by winning the 1941 Mr. America contest...Grimek was so far ahead of his competitors that the AAU passed a rule prohibiting Mr. America winners from entering the contest a rule passed solely to give competitors other than Grimek a chance to win the title!Grimek won the title "Most Muscular Man in America" at 36 years of age! ... Grimek won the Mr. Universe contest in 1948 when he was 38 years old! ...Despite being the most massively muscular man of his era, Grimek could perform a full splits. His posing routine included classic poses, muscle control, hand balancing, planches, handstand push-ups, and tiger bends... Grimek was an expert at many strongman stunts, including card tearing, bar bending, scrolling, chain breaking and ripping telephone books with his powerful hands... Grimek burst into prominence in the early 1930's and knew, met, competed against, trained with and corresponded with virtually all of the great champions from the Golden Age of Might and Muscle. He was completely familiar with how they trained and he knew what worked for them, and what didn't work. And while his training methods were uniquely his own, he included tips from Sig Klein, George F. Jowett, Mark Berry, Bob Hoffman, Alan Calvert, George Hackenschmidt and other leaders of old-time physical culture... He was called The Monarch of Muscledom and if any man deserved the title, it was John Grimek... Grimek's rise to the top of the Iron Game has been called "The Greatest Physique Story Ever Told" and it was!

...Grimek was a member of the York Barbell Club and worked for Strength and Health magazine for many years. In the 1960's, he became the editor of Muscular Development magazine. Through Strength and Health and Muscular Development, Grimek taught old-school physical culture to countless trainees across the world... John Grimek may have inspired more men and boys to start weight training than any other man in history and his legend lives on. Today, more than 100 years after he was born, John Grimek remains an inspiration to weightlifters, bodybuilders and physical culturists across the globe... All of which means this: if you want to learn how the greatest of old-school champions trained, then this book is for you! So have a seat, sit down, and start reading. You're in for a real treat. I'm going to tell you about John Grimek's life, lifting and bodybuilding career. I'm going to tell you how he trained and how he taught others to train.Presentation de l'diteur"Back in the day" a single man epitomized old-school strength training and muscle building a man who combined massive muscular development, classic proportions, world-class strength and sheer, raw power in a manner never seen before or since. His name was John Grimek - and he may have been the greatest all-natural bodybuilder of all time. But John Grimek was more than a bodybuilder. He was an icon. Consider these accomplishments:Grimek won the USA Senior National Weightlifting Championships... Grimek set American records in weightlifting... On more than one occasion, Grimek narrowly missed setting an official World record in the military press... Grimek won the North American weightlifting Championships two times.Grimek defeated the legendary John Davis in weightlifting and was the last man to do so before Davis embarked on his epic win streak that ran from the 1938 World Championships to the 1953 Senior Nationals... Grimek represented the USA in weightlifting at the 1936 Olympic Games... Grimek represented the USA at the 1938 World Weightlifting Championships... Grimek won the 1940 Mr. America contest... Grimek won the title "America's Most Muscular Man" at the 1940 Mr. America contest... Grimek repeated his Mr. America victory by winning the 1941 Mr. America contest...Grimek was so far ahead of his competitors that the AAU passed a rule prohibiting Mr. America winners from entering the contest a rule passed solely to give competitors other than Grimek a chance to win the title!Grimek won the title "Most Muscular Man in America" at 36 years of age! ... Grimek won the Mr. Universe contest in 1948 when he was 38 years old! ...Despite being the most massively muscular man of his era, Grimek could perform a full splits. His posing routine included classic poses, muscle control, hand balancing, planches, handstand push-ups, and tiger bends... Grimek was an expert at many strongman stunts, including card tearing, bar bending, scrolling, chain breaking and ripping telephone books with his powerful hands... Grimek burst into prominence in the early 1930's and knew, met, competed against, trained with and corresponded with virtually all of the great champions from the Golden Age of Might and Muscle. He was completely familiar with how they trained and he knew what worked for them, and what didn't work. And while his training methods were uniquely his own, he included tips from Sig Klein, George F. Jowett, Mark Berry, Bob Hoffman, Alan Calvert, George Hackenschmidt and other leaders of old-time physical culture... He was called The Monarch of Muscledom and if any man deserved the title, it was John Grimek... Grimek's rise to the top of the Iron Game has been called "The Greatest Physique Story Ever Told" and it was!

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