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Createspace, United States, 2011. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. I would say that, above all, I look for strength and power in a man, especially an athlete, quite regardless of muscular development. The fact that a man may have full physical development, but disproportionate power and energy has been proven to me so many times, that, in my book, I propose to aim at and instill...

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- Authored by Arthur Saxon
- Released at 2011



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