



Keys to the inner universe: World's best built man

Bill Pearl

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Bill Pearl has written the following pages with the purpose of presenting complete information on "weight resistive exercise" to "all" who are interested in obtaining physical strength and health, increased power and ability in the performance of athletics, general physical fitness and conditioning or advanced training techniques suitable for all body types. This is a precisely illustrated professional guide designed by Bill himself to prosper the reader in the "mastery" of weight training -- a condensed and power-packed training program for the entire body in a single book. It is also a manual of experiences, techniques, concepts, and knowledge which Bill has gained and employed throughout the years of training, resulting in systems and methods which he openly discusses. He informs the reader directly and in detail of the correct positioning of the weights and the corresponding movement necessary to accomplish maximum results in the minimum amount of time! Bill holds the titles of Mr. America, Mr. U.S.A.. and is four-time winner of Mr. Universe, plus a host of others. He believes that a "desire" to accomplish a task or to improve oneself is paramount to a person's success. He says, "You must have the desire and then the willingness to work for it."

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