



Building Body Power

Joe Bonomo

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Joe Bonomo was a famous American weight lifter, strongman and stunt man in the early days of movies. He was the winner of the Mr. Modern Apollo contest in 1921.

Building Body Power was probably his most famous course. It covers exercises for the entire body all done with bodyweight exercises with a complete 12 week course. There is also a whole chapter of Correct Food Selection and a chapter on Becoming a Stunt Man. Every exercise is photographed and you'll find a lot more inside too.

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