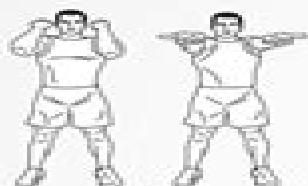


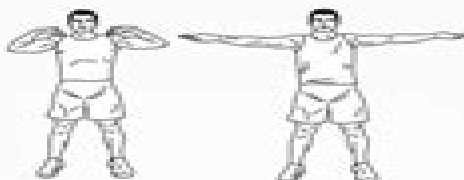
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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 bicep extensions



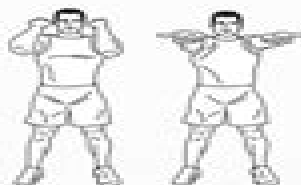
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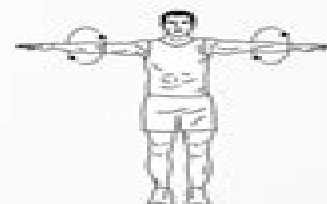
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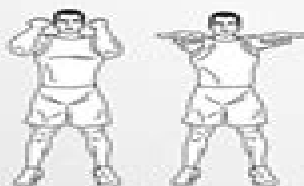
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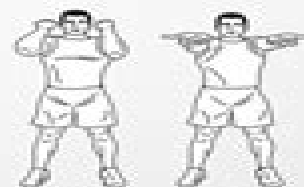
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Arms And Shoulders

Harry B. Paschall



Arms And Shoulders:

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he dedicated himself to correcting it and in doing so he gained a rare and hard fought understanding of the fundamentals He went on to become one of only five players to win all four professional championships claiming nine major championships in total In 1957 Hogan partnered with Herbert Warren Wind the dean of American golf writers New York Times and illustrator Anthony Ravielli to capture his expertise from the peak of his career in a series of lessons He believed that any golfer with average coordination can learn to break eighty With the groundbreaking techniques Hogan reveals in this essential book you can learn how to make your game work from tee to green step by step and stroke by stroke In each chapter a different tested fundamental is explained and demonstrated with clear illustrations as though Hogan were giving you a personal lesson with the same skill and precision that made him a legend Now expanded with a major new introduction expert commentary on the book s legacy unpublished photos of the publicity shy Hogan and more this definitive edition offers greater context and fresh insight into an icon of the game

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Arms And Shoulders Book Review: Unveiling the Power of Words

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