



Modern Weight Lifting: And How to Gain Strength

Edward Aston

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Edward Aston was one of the lesser known oldtime strongmen. But he was a pupil of Maxick and very strong in his own right. He gained the title of “Britain’s Strongest Man” by beating out Thomas Inch, a title which he held for over twenty years. He is also the created of the Anti-Barbell which is a marvelous training tool that few people are aware of.

This book, Modern Weight Lifting, will give you all the foundational advice of Edward Aston as he discusses training, building strength, nutrition and other health practices. Twelve exercises are shown in this volume and much more.

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Elaine Rochelle:

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