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Bob Hoffman

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Bob Hoffman was probably the man most responsible for bringing weightlifting to the masses with his York Barbell Company.

In Daily Dozen you'll learn just what it sounds like. A dozen exercises that you should do each and every day. The first six are simple bodyweight stretching exercises. The last six are strength and muscle building exercises to be done with a barbell. Along with instructions in these exercises you'll find plenty of other tips for health building in this volume.

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