



Simplified System of Swing Bar Training

Bob Hoffman

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

In Simplified System of Swing Bar Training you'll learn how to use the swing bar, and since those are rare, you can substitute any kettlebell for the exercises.

You get two complete courses in swing bar training plus and additional one for dumbbells.

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