



The Way To Live: In Health and Physical Fitness (Original Version, Restored)

By George Hackenschmidt

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"Some trainers recommend to their pupils for the training of all muscle groups one and the same (light) weight and believe they are able to obtain the same effect by frequent repetitions. My experience has taught me that this is wrong, for the muscles of men or animals who are distinguished for certain feats of endurance are by no means over-developed. A long-distance runner or long-distance cyclist always has comparatively thin legs, as have a racehorse, stag, or greyhound. Nature does not act without aim and purpose. Hence there is a great difference between feats of endurance and feats of strength. One must consider that, although it is quite possible to enlarge muscles by certain light, prolonged exercises, at the same time the development of the sinews may be neglected, and it is the sinews which transport the action of the muscles to the bone xframe. The sinews can only be exercised and strengthened by correspondingly heavy muscle work. Besides, to take a paradoxical example, it is quite impossible to improve strong muscle groups, as, for instance, the hip muscles, with light-weight exercises. A further illustration of the fallacy of attempting to develop the muscles by frequent repetitions with the same light exercises may be found in a comparison with any and every other form of athletics, in which a man would never think of merely repeating his training programme. In order to improve himself either in pace or distance, he must set himself a steady progression of arduous effort". - George Hackenschmidt This is an original version, restored and re-formatted edition of Hackenschmidt's 1908 classic. Visit our website and see our many books at PhysicalCultureBooks.com

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Editorial Review

About the Author

George Hackenschmidt: The Russian Lion - "Back in an age when ... few if any Far Eastern Masters of Martial arts were known to the rest of the World. ... One man in particular, a master of his own most ancient fighting skill, ... possessed the same qualities ... to be recognized {by} Japanese/Chinese martial arts masters ... He had the total formula for combat domination, winning over 3000 bouts between 1889 and 1908. That man, George Hackenschmidt was destined to become famous throughout the World and take his place in fighting arts history as THE RUSSIAN LION and unlike many of his opponents and contemporary wrestlers, 'Hack' was never mean, vindictive or unnecessarily rough in his wrestling bouts, contrasting his physical prowess and fighting skills with a quietness of spirit. George Hackenschmidt was the epitome of calm, self-assurance and inner peace, with full awareness of his own capabilities and thus like all masters of combat found NO NEED FOR MACHOISM or outward aggression. His tactic to win was skill and speed, born of confidence in his own ability and fighting prowess. He spoke softly, so that you were forced to listen and pay attention, rather than raise his voice to be heard. His serenity was 'catching', calming all those in attendance at his lectures...and it was a developed calmness. A true warrior has to struggle and EARN the wisdom to do battle, with not only his adversities, but with LIFE ITSELF. Of German/Swedish descent,(which accounts for his un Russian name) the fighting legend Georges Karl Julius Hackenschmidt (aka Hack or The Russian Lion) was born 2nd August 1878, or using the older style Russian calendar July 20th 1872, at Dorpat in Estonia. Genetically favored from his grandfather's physique, he soon excelled at gymnastics, athletics and weight lifting. Beginning a career in the oldest martial art of all, wrestling. which was to bring him a fortune and enduring fame". - David Gentle

Users Review

From reader reviews:

Todd Jacobs:

Nowadays reading books become more and more than want or need but also work as a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge even the information inside the book in which improve your knowledge and information. The details you get based on what kind of guide you read, if you want attract knowledge just go with education books but if you want experience happy read one with theme for entertaining like comic or novel. Often the The Way To Live: In Health and Physical Fitness (Original Version, Restored) is kind of reserve which is giving the reader unpredictable experience.

Brent Jones:

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David Bruce:

This *The Way To Live: In Health and Physical Fitness (Original Version, Restored)* is great book for you because the content that is full of information for you who else always deal with world and have to make decision every minute. This specific book reveal it information accurately using great manage word or we can point out no rambling sentences included. So if you are read it hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but difficult core information with lovely delivering sentences. Having *The Way To Live: In Health and Physical Fitness (Original Version, Restored)* in your hand like getting the world in your arm, details in it is not ridiculous just one. We can say that no book that offer you world throughout ten or fifteen tiny right but this guide already do that. So , this is certainly good reading book. Hello Mr. and Mrs. occupied do you still doubt that will?

Carl Johnson:

With this era which is the greater individual or who has ability in doing something more are more important than other. Do you want to become considered one of it? It is just simple solution to have that. What you need to do is just spending your time little but quite enough to get a look at some books. One of the books in the top list in your reading list is actually *The Way To Live: In Health and Physical Fitness (Original Version, Restored)*. This book that is certainly qualified as *The Hungry Inclines* can get you closer in growing to be precious person. By looking upward and review this publication you can get many advantages.

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