



The Big Chest Book: (Original Version, Restored)

By Bob Hoffman

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"The man with a big chest almost without exception is superhealthy, usually healthy in proportion to the size of his chest. There are exceptions to all rules, but the man with the biggest chest should be, and most often is, healthiest because of the size of his chest; while the man with just big arms or broad shoulders is not necessarily healthy on account of them, but usually is healthy because the exercises which made possible his development have built a big chest and unusual internal strength too. As we will consider farther on in the chapters on anatomy, the upper chest contains a large part, a highly important part, of the vital organs—the heart and the lungs, in particular; and in the lower part of the chest, the stomach, liver, kidneys and spleen, as well as many important glands. When a man possesses a large, roomy chest box, there is plenty of space for these organs to develop, to increase in size, with a simultaneous increase in internal strength and vigor." - Bob Hoffman

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Editorial Review

About the Author

From Wikipedia: "... Bob Hoffman, named 'Father of World Weightlifting' by the International Weightlifting Federation, founded York Barbell in 1932. As a prolific writer of books and articles, Hoffman promoted the benefits of exercise and nutrition. ... From the decades of the 1930s through the 1970s, York Barbell sponsored over 40 national championships and numerous Olympic gold medalists, a few of whom are featured in one of the Murals of York, PA. Today, the corporate office of York Barbell Company houses the official Weightlifting Hall of Fame and Museum in York, Pennsylvania and continues to host a variety of powerlifting and bodybuilding competitions."

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