



## Kelso's Shrug Book

By Paul Kelso

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In the only training book of its kind, Paul Kelso expands the "shrug principle" with dozens of variations that improve muscularity and the competitive lifts. "Trap bar" and rib cage enlargement programs are included.

Kelso's articles in *Powerlifting USA*, *Iron Man*, *Muscular Development*, and *Hardgainer*, plus books *The Kelso Shrug System* and *Powerlifting Basics: Texas-Style*, have spread these ideas worldwide.

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## **Kelso's Shrug Book By Paul Kelso Bibliography**

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### Editorial Review

#### Review

"The Mark Twain of iron-game storytelling returns to his 'how to' roots with very positive results."

-- Mike Lambert, Editor/Publisher, *Powerlifting USA*

"[Mr. Kelso has] taken the shrug farther than anyone in the game."

-- Peary Rader, founder of *Iron Man* magazine

"Who better than Paul Kelso to put a new spin on the shrug -- again?"

-- Randy Strossen, publisher of *MILo* magazine and author of *Super Squats*

"Paul Kelso has...finally...updated his original book on shrugs, a revamp so comprehensive that the new version is actually 75% longer! He not only added a lot of material, but rewrote much as well, cutting out some stuff he no longer believes in and adding two new chapters, including one on bench pressing that demands your attention. He has also codified his philosophy into what may evermore be known as 'Kelso's Shrug Laws.' This is not just an exhaustive treatise on a relatively under-utilized body of training movements: it is an effort to really 'think through' the exercise and develop every conceivable practical application for it. After reading a proof of the book, I was struck by the depth of Paul's historical investigation of the exercise (he carefully and consistently notes that he did not 'invent' much when it comes to the shrug...but he sure organized virtually all that has ever been known about it), as well as the way he places this exercise into its proper context within physical culture. Paul has a reverence for strength that underlies all he writes, and he's a terrific yarn teller to boot. If you never do a shrug, you will still be the better for reading this book, because in the telling of the tale of the shrug, you will indirectly come to understanding of the essence of why men and women lift weights in the first place. As I said, the chapter on the shrug and the bench press will merit your consideration...recent devotee Collin Rhodes put 44 lbs. on his already accomplished bench press in just one year, using shrug principles like the 'lateral' arch. Paul Kelso is a great guy and he has written a great book."

-- Powerlifting USA magazine, September 2002

"This unique book should be in every lifter's library."

-- Dr. Ken Leistner

"Paul has done more for my bench than everyone else put together."

-- Collin Rhodes, USAPL world bench press team member

#### About the Author

Active in the world of weights for fifty years, Paul Kelso has published over one hundred articles and three books on the iron game. In May, 2010, He published his first book of short stories, *Jack Ruby's Last Ride*.

An Asian correspondent for *Powerlifting USA* magazine since 1989, he has reported on six Asian Championships, two IPF World Championships and the 2001 World Games, plus multiple national championships in Japan and the Philippines.

Kelso sang folk songs throughout the sixties and seventies, performing in Midwestern TV shows and concerts, clubs, etc. He earned a BA in History at North Texas State in 1961, and an MA in American Studies, University of Iowa in 1979. He acted as a historian for the Iowa AFL-CIO, 1977-1979, sold fishing tackle, 1971-75, played reporter and columnist for newspapers, and was Dean of Student Affairs at Lon Morris College in East Texas, 1983-85.

Arriving in Japan in August, 1989, to visit his exchange teacher's son Devin, Kelso stayed on as a corporate and university English teacher until 2006. In this seventeen-year time window he began traveling throughout Asia as a correspondent for *Powerlifting USA* magazine and serving as contributing editor for *Networking*, an expatriate monthly published in Tochigi prefecture north of Tokyo. He began publishing short fiction in literary journals in 2001.

In May, 2006, Kelso and wife Sumiko retired from teaching in Japan and moved to the Philippines, where they now live in a beach town southwest of Manila.

Other basic Vitae: b. Feb. 6, 1937, Fort Worth, TX. Lived in Chicago during WW II. Grades and High School Dallas, grad 1954. Southern Methodist U., 1955. US Army Medical Corps, 1956-58, Berlin Crisis reserve call-up October, '61 - April, '62.

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