



Kelso's Shrug Book

By Paul Kelso

Download now

Read Online ➔

Kelso's Shrug Book By Paul Kelso

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.

 [Download Kelso's Shrug Book ...pdf](#)

 [Read Online Kelso's Shrug Book ...pdf](#)

Kelso's Shrug Book

By Paul Kelso

Kelso's Shrug Book By Paul Kelso

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.

Kelso's Shrug Book By Paul Kelso Bibliography

- Sales Rank: #782190 in Books
- Brand: Brand: Hats Off Books
- Published on: 2002-09-15
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .23" w x 7.50" l, .45 pounds
- Binding: Paperback
- 108 pages

 [Download Kelso's Shrug Book ...pdf](#)

 [Read Online Kelso's Shrug Book ...pdf](#)

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.

Users Review

From reader reviews:

Aline Moran:

The guide untitled Kelso's Shrug Book is the reserve that recommended to you to see. You can see the quality of the book content that will be shown to you. The language that author use to explained their way of doing something is easily to understand. The copy writer was did a lot of research when write the book, to ensure the information that they share to your account is absolutely accurate. You also will get the e-book of Kelso's Shrug Book from the publisher to make you considerably more enjoy free time.

Dan Hanner:

The book untitled Kelso's Shrug Book contain a lot of information on the idea. The writer explains her idea with easy means. The language is very straightforward all the people, so do certainly not worry, you can easy to read this. The book was authored by famous author. The author provides you in the new age of literary works. You can actually read this book because you can continue reading your smart phone, or device, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can available their official web-site as well as order it. Have a nice read.

Kelsey Jimenez:

In this period of time globalization it is important to someone to get information. The information will make

someone to understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of sources to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that print many kinds of book. Typically the book that recommended to your account is Kelso's Shrug Book this reserve consist a lot of the information in the condition of this world now. This particular book was represented just how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. The actual writer made some investigation when he makes this book. Honestly, that is why this book suited all of you.

Shelly Sampson:

Guide is one of source of know-how. We can add our understanding from it. Not only for students and also native or citizen require book to know the update information of year to year. As we know those publications have many advantages. Beside many of us add our knowledge, could also bring us to around the world. By book Kelso's Shrug Book we can take more advantage. Don't you to be creative people? For being creative person must prefer to read a book. Just simply choose the best book that appropriate with your aim. Don't possibly be doubt to change your life with this book Kelso's Shrug Book. You can more pleasing than now.

**Download and Read Online Kelso's Shrug Book By Paul Kelso
#COLJ7FDAPMZ**

Read Kelso's Shrug Book By Paul Kelso for online ebook

Kelso's Shrug Book By Paul Kelso Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Kelso's Shrug Book By Paul Kelso books to read online.

Online Kelso's Shrug Book By Paul Kelso ebook PDF download

Kelso's Shrug Book By Paul Kelso Doc

Kelso's Shrug Book By Paul Kelso Mobipocket

Kelso's Shrug Book By Paul Kelso EPub

COLJ7FDAPMZ: Kelso's Shrug Book By Paul Kelso