



The Chest Expander for Abounding Health and Building Better Bodies

Alfred Danks

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Danks System of Physical Training is based on a whole body training with an expander for those seeking to achieve perfect physical fitness. Alfred Danks was a fan and active participant in many feats of strength, gymnastics feats, athletics and even weight lifting. He claimed to have lifted a ten-stone man above his head using only one arm, among other feats you may find in his "The Chest Expander" book. You'll find 8 exercises and much more within The Chest Expander for Abounding Health and Building Better Bodies.

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