



# **Bosco's Strength Note Book: Volume 1 Number 2**

*Harry Paschall*

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Harry Paschall was inspired as a young man by the performances of Sandow and Saxon. He became an accomplished national lifter himself though was best known for his writing being one of the most famous writers in the strength magazines.

Using humor and commonsense training advice throughout, he is best known for his larger than life cartoon character Bosco.

In Bosco's Strength Notebook you'll find a bunch of training information, from 'The Thin Man - Perennial Problem' to 'The Fabulous Bent Press', Squat Style Snatches, Backstage with Bosco and much more.

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