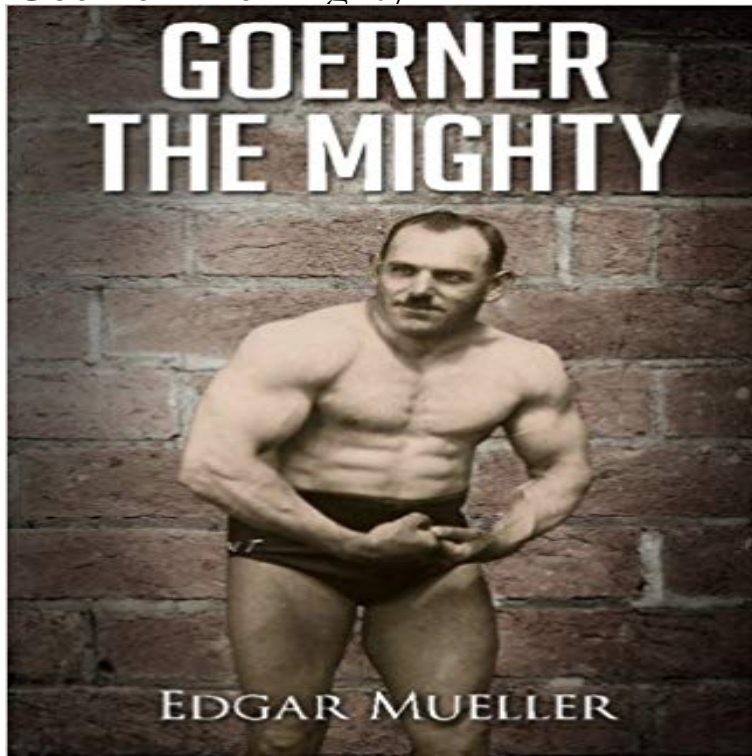


Goerner The Mighty



In giving details of a typical training programme of Hermann Goerners, may I preface this with the comment that this is an extremely difficult thing to do, for the simple reason that he did not have or follow what might be really termed a set training programme he always varied his workouts and mixed his work so much that one could truthfully say that he never worked through exactly the same programme twice. He did, of course, use a planned and progressive programme but he did not, as many do, map out a certain number of lifts with a certain poundage and then perform them a set number of times for a given period. Each training session of Hermanns contained a mixed programme of kettlebell, dumb-bell and barbell lifting. Sometimes a workout would also include supporting feats. For instance, when Hermann trained three times per week, he might in the first training session give preference to kettlebell exercises, but he would also include barbell and dumb-bell lifts too. The second session might see the emphasis placed on dumb-bell training with not so much on kettlebell and barbell work, and the third workout would have the emphasis placed on barbell work with just a little kettlebell and dumb-bell work included in the session. During his open-air training periods at the Germania Bath, his workouts would also include putting the shot, weight-throwing, jumping and swimming in addition to working out with the weights. - Edgar Mueller This classic is a must have book for your physical culture library. Visit our website and see our many books at PhysicalCultureBooks.com

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