



# Muscle Flexing

*Antone Matysek*

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Antone Matysek was one of the most popular muscle control artists, though not nearly as much as Maxick. He won the Strongest Man in America award in 1922. He was a performing strongman doing many feats in his shows also including muscle control and posing to wow the crowds.

In his popular book, Muscle Flexing, you'll discover how to do exactly as he did. With 15 muscle control exercises and a wide variety of tips and hints to help you complete them.

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