

# York Hand Balancing Course By York Barbell Company

**By York Barbell Company**

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Publicity photo of York Barbell founder Bob Hoffman, 250 pounds over his head with one hand, in 1919, where he co-founded the York  
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STRONGMAN BOOKS.COM. Bob Hoffman and York Barbell Weight Lifting Functional Isometric Contraction York York Hand  
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The company started manufacturing and selling weight plates in the 1930's and today, Hand, Ankle & Wrist Weights; 2015 York Barbell  
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I have the PDF versions of these courses that can easily be found online. However, I thought it would be neat to have a modern reprint of these classic courses but I

The York Hand Balancing Course was published by the York Barbell Company. There is no specific author, and I have found no information that states who actually wrote it.

York Barbell USA. 3300 Board Rd. York, PA 17406. Phone: (717) 767-6481 Toll Free: +1 (800) 358-9675 Fax: (717) 764-0044. Monday 9:30 4:30 Tuesday 9:30

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