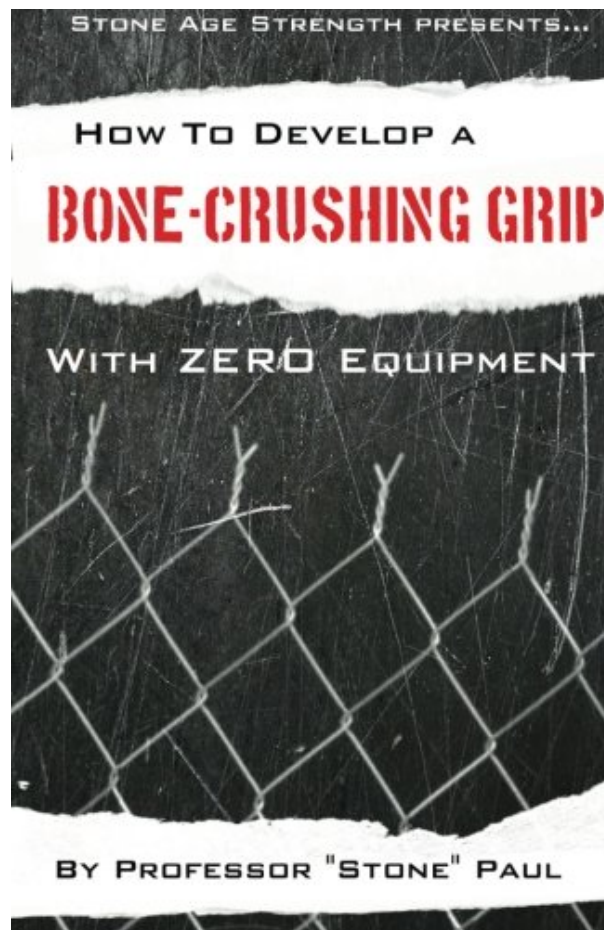
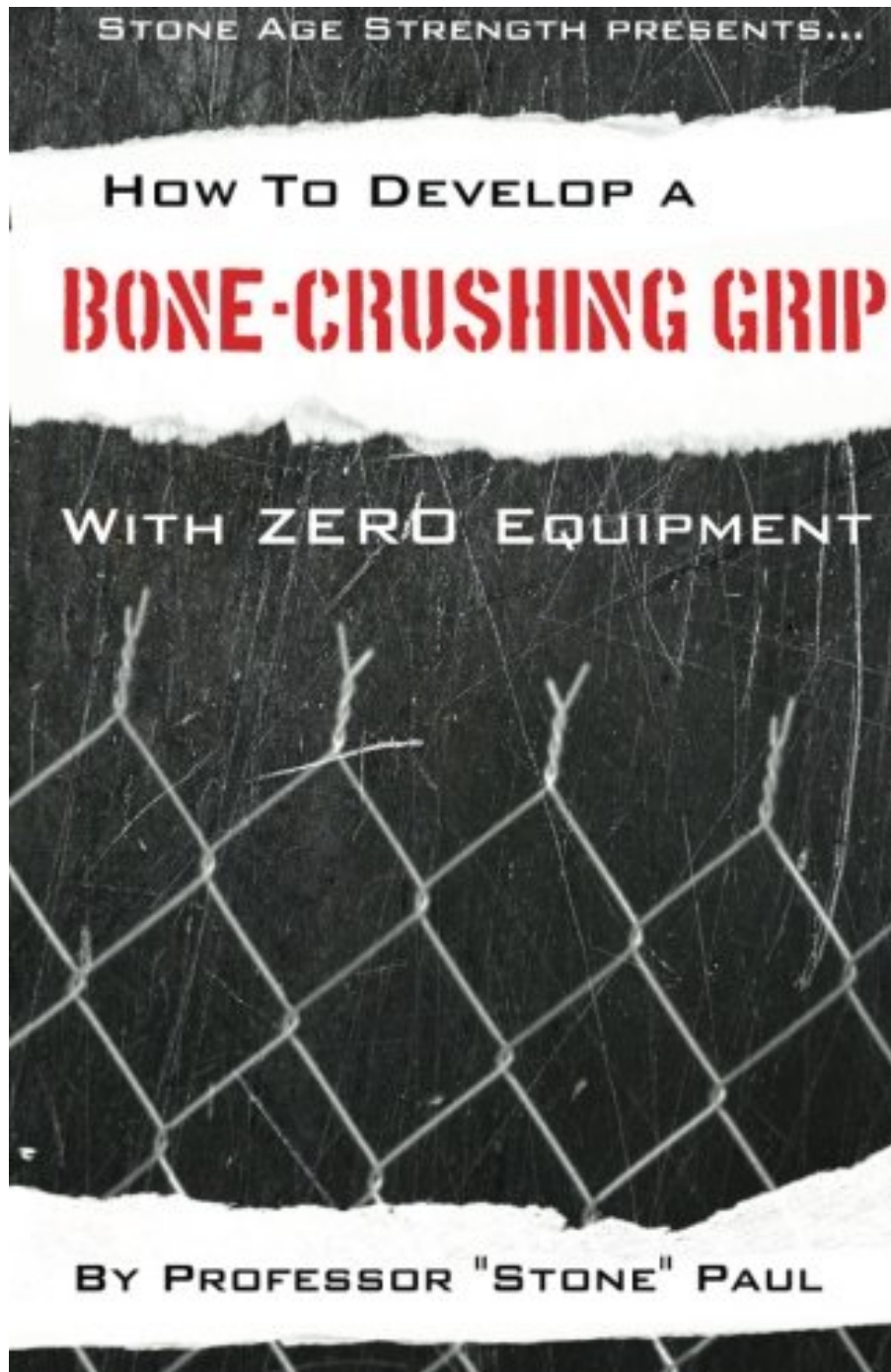


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Professor “Stone” Paul is a drug-free physical culture and strength enthusiast. He has developed myriad systems and techniques for gaining strength and mass by utilizing whatever “equipment” was made available to him on a regular basis. This equipment turned out to be namely his own body, floors, walls, jungle gyms, stones, trees etc. Paul’s goal is to get you as strong, lean, and athletic as possible without spending any money on gym memberships, drugs or equipment. In this sense we are mimicking our Stone Age Ancestors. “Stone Age Strength” provides the right information so that you can achieve maximum strength, health and harmony in your life without having to rely on modern day amenities.

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