



Weightlifting Made Easy and Interesting

W. A. Pullum

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"Many of the older readers of Strength & Health know of Bill Pullum and what this remarkable man has done for weightlifting, but the younger generation probably knows very little about the man. Pullum was born on April 8, 1887. In 1904 he became interested in physical culture as a result of coming to lodge with the Slade brothers, professional strongman competition winners, who worked closely with the Saxons in England. At the time Pullum suffered from pulmonary tuberculosis. Previously he had twice undergone surgery for bone tuberculosis. Through physical culture methods he cured himself of this disease. In 1905 he began lifting weights, his goal being to prove that science could be brought into the lifting of heavy weights. He succeeded to an extent that his own performances completely revolutionized the sport in England. For years Pullum remained at the top. His aim of being the 9-stone (126-pound) champion of the world went unchallenged for 15 years. He retired in 1929 at the age of 42. Pullum never weighed more than 122 pounds during his reign. In March of 1914 he officially equaled his bodyweight of 120-1/2 pounds in the crucifix lift, the only man ever to accomplish this extraordinary feat. In four years he won 15 British amateur championships and open competitions, 53 gold medals, and broke 192 world and British weightlifting records--every one an official performance. When he turned professional, no fewer than four of his records ran right through from the 126-pound class to the heavyweight division. In those days records made by a smaller man stood in heavier classes if they exceeded the record for the heavier class. Some of those records still stand. In England Bill Pullum is widely renowned as a coach and trainer. He has trained scores of champions and record holders. At one time he and his pupils held 222 records out of a possible 252." -Sig Klein This is an original version restored edition of Pullum's 1926 classic. Visit our website and see our many books at PhysicalCultureBooks.com

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