



# Kelso's Shrug Book

*Paul Kelso*

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## **Kelso's Shrug Book** Paul Kelso

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Kelso's articles in *Powerlifting USA*, *Iron Man*, *Muscular Development*, and *Hardgainer*, plus books *The Kelso Shrug System* and *Powerlifting Basics: Texas-Style*, have spread these ideas worldwide.

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