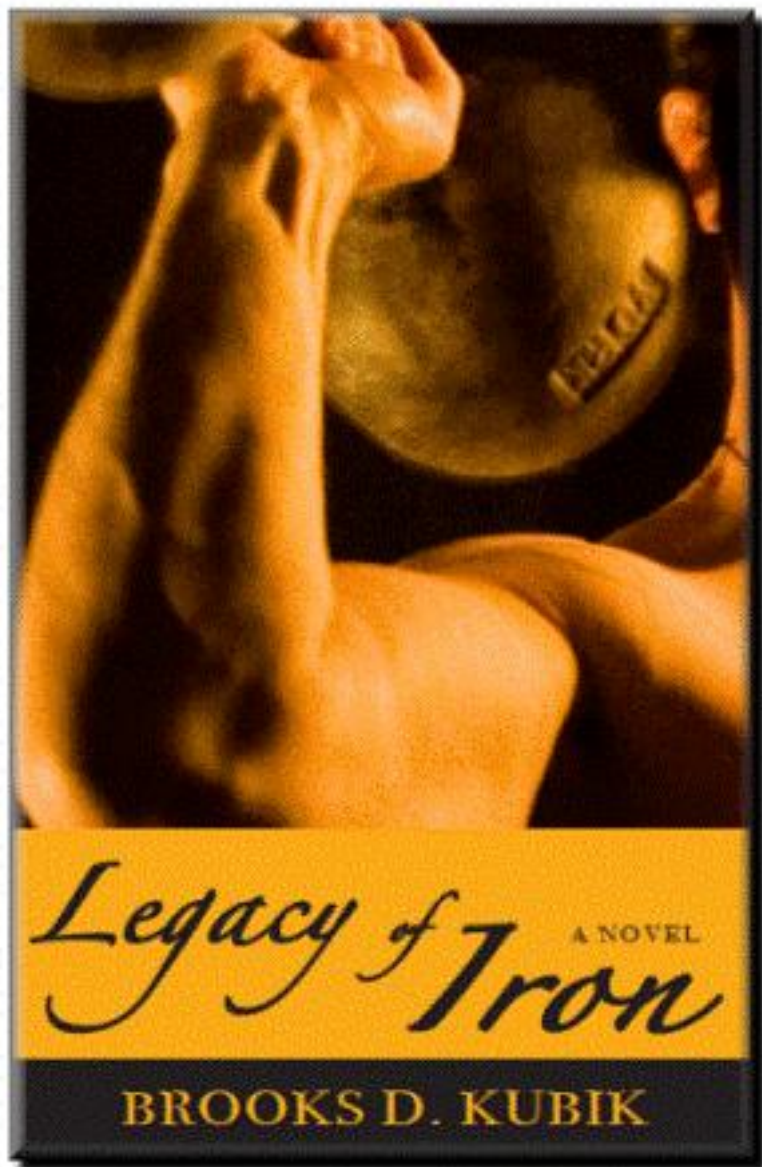


Legacy of Iron - a Novel by Brooks Kubik

by dinoman - 2009-10-16 17:48:22

<http://www.usawa.com/legacy-of-iron-a-novel-by-brooks-kubik/>

Book Review by Al Myers



I just finished reading what I consider one of the most informative, entertaining books regarding weightlifting that I have ever read!! It has been over ten years since Brooks Kubik wrote the classic training book Dinosaur Training. I read Dinosaur Training at least once per year and find new information in it each time. In fact, the book Dinosaur Training inspired me to name my gym the Dino Gym. Dinosaur Training outlined my training approach exactly - and when I was reading it for the first time I would constantly nod my head and say, "Yes - I agree - That's how I train!!" Brooks Kubik did me a big favor - now there is no need for me to ever write a book describing my training - Brooks Kubik already did it!!!

Back to Review of the Legacy of Iron..

Brooks Kubik does a great job of combining a fictional novel and factual information regarding training and famous weightlifters from the 1930's. The story centers around the life of a young lifter, by the name of Jim Miller, who was beaten up as a young kid by the local bully, and in response, started weightlifting. The time frame the novel occurs in, as Kubik refers to, as the Golden Era of Weightlifting. This was the time Bob Hoffman and the York Barbell Club was producing weightlifting Champions like John Grimek, Steve Stanko, Gord Venables and many others. The Legacy of Iron mixes weightlifting history and a suspenseful story line that keeps your attention throughout the entire book.

I HIGHLY recommend that you order a copy of the Legacy of Iron - I promise you will not be disappointed!! I admit that I was slightly let down when I finished the book and on the last page it said, To Be Continued. I wanted to read more!! But then I found out that Brooks Kubik already had the sequel out, Legacy of Iron - Clouds of War!! I immediately ordered his second book (yesterday) and can't hardly wait until I get it. My advice for you is to order both of them at the same time so you can immediately start reading the second book after the first book and not have to deal with the frustration of waiting for it like me!!