



**Forgotten Secrets of The Culver City Westside  
Barbell club revealed: Featuring the entire original  
Westside Barbell Crew, the Wild Bunch of West  
Virginia and the men who trained with them**

*Mr Dave Yarnell*

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# **Forgotten Secrets of The Culver City Westside Barbell club revealed: Featuring the entire original Westside Barbell Crew, the Wild Bunch of West Virginia and the men who trained with them**

*Mr Dave Yarnell*

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The secrets of the most influential group of strength trainers of the 20th century are unveiled. The book is jam-packed with pictures, actual training programs and awesome stories about the original, Culver City Westside Barbell club, the Wild Bunch of West Virginia and the men that trained with them. This is a must-read for every serious strength athlete and a real treat for fans of Old School, Hard-Core strength training!!

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