



10 Benefits For Subscribers

Subscribe to the HOPC Library and receive...

1. Access to over 500 rare Physical Culture books, Iron Men biographies and articles proudly presented in the HOPC Library. 100's of hours of research, scanning and web-ready applications were required to bring you this amazing Library! Publications are featured in high resolution eBooks and PDF's to enjoy on your PC, laptop or mobile device. No special download or apps are required.
2. WEIGHT TRAINING CENTRAL contains everything you need to achieve your weight training goals. Loaded with workout programs and schedules, printable charts, inspirational photos, books and articles to guide you. Our HOPC TEAM of strength training advisors will be available to offer your personal advice and tips to help you along the way.
3. Enjoy the prolific works of DAVID GENTLE, an internationally acclaimed PC historian and author. Topics include weight training, bodybuilding, PC history and a host of fascinating biographies.
4. Our quarterly HOPC Library Newsletter has been incorporated into WEIGHT TRAINING CENTRAL to enjoy year-round. Topics include Ironmen workouts, bio's, news, humor, photos and the ever-popular POWER TALK by DAVID GENTLE, to name by a few.

5. The PHYSICAL CULTURE IN INDIA area of the Library has a rich history of PC that in modern times was influenced by Western PC creating a fascinating blend of East and West. To our knowledge many of these books are not available anywhere else, a true treasure trove of information for trainee and historian alike. You will discover rare photos and books for your sheer enjoyment.
6. Enjoy the amazing line art humor of CHRIS "STICKS" BOSTICK, HOPC Art Director displayed in stunning Photo Galleries and free printouts.
7. Take a step back in history and browse our fascinating photo galleries of Iron Men who have earned a place in PC history. Also view our popular collection of vintage ads and PC magazine covers.
8. Spend time in the Combat & Arts Section hosted by PETER YATES, Editor. Discover fascinating articles by Peter and a host of contributing Martial Arts writers.
9. Be eligible for HOPC specials and promotions exclusive to HOPC members.
10. Reap all the benefits yet pay only \$19.95 per YEAR. Other PC websites charge up to \$19.95 per month! Payment method is through PayPal, a safe and reliable choice that allows you to pay by credit or debit card.