How Fred Hall is Training for the Heavy-Weight Championship.

By CHARLES W. RUSSELL, Manager-Champion.

Fred Hall is in a class of himself. He is the supreme weight-lifting champion, and has been trained at the Royal Artillery Club, West London Road, Poplar. His lifts are always recorded in the 'Track and Field' paper, and are equalled by his competitors. His weight is 17 stone, his height 5 ft. 11 in., his chest 48 in., his arm 20 in., his bicep 16 in., and his triceps 16 in. His weight-lifting record includes: 300 lb. in press, 400 lb. in snatch, 500 lb. in clean and jerk, and 600 lb. in clean and jerk and walk-over.

Hall's training is a combination of strength and endurance. He starts his day with a long run, followed by a swim in the river. He then moves to the gym, where he spends several hours lifting weights, focusing on his arms, legs, and core. The gym sessions are followed by a healthy meal, consisting of protein-rich foods and plenty of vegetables. He then rests for a few hours before starting his evening training, which includes additional weightlifting and cardiovascular exercises.

Hall's diet is carefully planned to meet his nutritional needs. He consumes a high-protein diet, rich in vegetables and whole grains. He avoids processed foods and sugar, focusing instead on whole foods that are rich in vitamins and minerals.

Hall's dedication and discipline in training have earned him the respect of his peers. His goal is to be the best weightlifter in the world, and he is determined to achieve this goal through hard work and perseverance.

In conclusion, Fred Hall is a true champion, both on and off the weightlifting platform. His dedication to training, his commitment to nutrition, and his drive to be the best have made him a model for aspiring weightlifters around the world.