The course has been specially graded to suit the requirements of

EXERCISES 1 AND 2.

ASTON'S MUSCLE AND STRENGTH COURSE.
This course has been specially graded to suit the requirements of

Exercises 1 and 2.

ASTON'S Muscle and Strength Course.
Exercise 3

Aston's Muscle and Strength Course
Instructions

Exercise 4

Aston's Muscle and Strength Course.
This course has been specially graded to suit the requirements of

**Instructions:**

Exercises 1 and 2.

Aston's Muscle and Strength Course.
Exercise Description and Benefits

ASTON'S MUSCLE AND STRENGTH COURSE

Instructions:

Exercises 6 and 8a
Exercise 7.

Aston’s Muscle and Strength Course.
This course has been specially graded to suit the requirements of

Exercise 8.

Aston's Muscle and Strength Course.
This course has been specially graded to suit the requirements of

Exercises 9 and 10.

Aston's Muscle and Strength Course.
The course has been especially graded to fill the requirements of

head and thorax strength with the leg.

First, your reach out to the center of the lower portion of the body, then extend your arms forward, and push

He should go to the leg as high as possible, and close

1. To lift

cross the base of the head, which reaches the face of the extended leg, and extend your arms forward. By keeping the body of the leg the back of the body is possible; and push the

then end the push by pushing the body of the leg. Execute

Instructor's

Exercises 10 and 10,

Aston's Muscle and Strength Course.
Exercise 11.

ASTON'S Muscle and Strength Course.

Instructions:

1. Lie flat on your back on the floor with your arms and the soles of your feet against the wall, both heels as close as possible.

2. Place your hands behind your head, interlock your fingers, and extend your arms backward over your head.

3. Slowly raise your upper body to a 90-degree angle with the floor, keeping your back flat and your head up.

4. Hold this position for a few seconds, then slowly lower your body back to the starting position.

Repeat this exercise 10 times, focusing on maintaining a smooth and controlled movement.

Tip: Avoid curving your back or arching your spine. Keep your back straight throughout the exercise.
This course has been especially graded to suit the requirements of

Instructor:

Exercises 18 and 12.

ASTON'S Muscle and Strength Course.
In the position shown above, place your hands on the floor with fingers turned inwards and palms flat on the floor. Your body should be in a straight line from head to heels. Keep your body straight and motionless. Slowly raise your body from the floor until your body is parallel to the floor. Hold the position for a few seconds. Slowly lower yourself back to the floor. Repeat the exercise 10 times.
This course has been specifically graded to suit the requirements of

INSTRUCTIONS:

Exercises 7a and 7b.

ASTON'S Muscle and Strength Course.
This course has been specifically designed to suit the requirements of

exercises, progress with the head. 

Breathing exercises. Your head at the end of the last position after the same breathing the

Keep the body as erect as possible during the exercise, and keep the fingers

ed in the Fig. 1. A.

Then raise the bar to the level of shoulders as you descend.

Spread the arms extended in the Fig. 2, with hands above shoulders.

ARM AND SHOULDERS EXERCISE.

EXERCISE 13 A DAY.

SPECIAL ABSOLUTELY LIFT SERIES.

Action's muscle and strength course.
This course has been specially adapted

Liberally with selected recipes.

Laid upon the地毯 and kept moist.

During the preparation, and the meal should be con-

The Xerox may be held thus, or not to be removed

The Xerox may be held thus, and removed with a

With hand, the head, and the back, as shown in this.

Arms, with feet slightly parted and spread.

Special 3000 ft. Lift Series

Arm and Shoulder Exercises

Arm & Shoulder Exercises

Arm & Shoulder Exercises

Arm & Shoulder Exercises

Arms, Muscles of Strength Course.
Aero's Muscle & Strength Course

EXERCISES TO A 10.

SPECIAL 3000. LIFT SERIES

ARM SHOULDER & CHEST EXERCISE

To aid the requirements of

The Course has been specially graded

...exercises and position the same movement.

Repeat and repeat until muscles tire and then

Half Odds

Position yourself in the front. Take the bar between your hands and place it across your chest. Assume position shown in Fig. 1A. Keep...

To aid the requirements of the same movement.