THE SUPERMAN COURSE

By EDWARD ASTON.

Hitherto those who desired the highest possible grade of muscular development and great strength have been compelled to train with heavy weights for the realization of their ambition. The inconvenience of heavy weights will be apparent where the pupil has only a small room available, and this has undoubtedly prevented many who desire a powerful physique from achieving their ambition.

My invention of the Anti-barbell, and the scientific use of same in practice, has revolutionised all the old methods for obtaining great strength and a splendid muscular physique, which always attracts attention and commands admiration. The principle employed in this unique apparatus is not weight but leverage. This patent appliance is employed in such an ingenious manner that two sets of muscles are developed at the same time.

THE SECRET.

In each exercise the extensor muscles oppose the flexor muscles, and a harmonious development is thus automatically obtained. This course is designed purely for the development of exceptional strength and a massive muscular physique, and the wonderful testimonials that I have received from pupils, who have trained on this course, has, I assert, absolutely proved that no other course can give the same excellent results of this, in the same time.
THE APPLIANCE.

The Appliance consists of a long polished steel bar and specially moulded metal disc, with projecting collar and brass thumb screw. The disc is adjustable to various distances along the bar, by means of the thumb screw, giving different degrees of leverage. Thus any required tension may be obtained on the muscles. There is no other appliance like it in principle, and it acts on every muscle in the body, with marvellous results.

All those who have found the development of their muscles difficult because of the stubborn nature of the fibre, will find in this course the means to provide that development and strength to which they aspire. The very first lesson gives the pupil confidence, because progress is immediate, and remarkable results are obtained from the fall three months' tuition.

It is quite a common thing for pupils to increase measurements to the extent of 3' to 6' on chest, 1' to 3' neck, 1' to 2 1/2' biceps, 1' to 2' forearm, 1' to 2' calf, and 2' to 3' thigh, and in many cases, this average has been exceeded. There is no other course in the World like it for giving satisfactory results.

FEE.—The fee for the full 3 months' course of lessons is £3 3s 0d and for a short time only, I am presenting my 15/- apparatus, free of charge, to those who enrol. The first lesson and appliance will be dispatched upon receipt of 30/-, the second months' tuition on receipt of 10/- and the third months' on receipt of 10/- If cash is remitted on enrolment 3/- may be deducted.

No one ever achieved anything without effort, or by merely thinking about it. Fill in the measurement form and enrol NOW. The sooner you start the sooner will your ambition be realised.

EDWARD ASTON,
129, Grove Lane.
Denmark Hill.
LONDON, S.E.
ENROLMENT FORM.

Date...

Age...

Weight (approx. stripped)...

Height (in socks)...

Neck...

Biceps (right) (left)...

Chest (normal) Expanded...

Waist...

Forearm (right) (left)...

Thigh (right) (left)...

Calf (right) (left)...

REMARKS.

Please give below particulars of any weakness or ailment

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

Please find enclosed remittance value £  s.  d.

Name.

Address.
Dear Sir,

In the November 1923 issue of "Strength" (published by the Milo Barbell Company) an article appeared by Mr. Alan Calvert which I felt in duty bound to controvert. This article, in which my own name was mentioned prominently, was calculated to create an entirely wrong impression over your side, unless disputed by one who is really an authority, and not a self-appointed one. I, therefore, at the invitation of the Editor of "Health & Strength," wrote a reply to Mr. Calvert, which reply appeared in the issue of that paper dated 17/11/23.

It is my desire at the onset to make perfectly plain that no personal animus prompted my reply to Mr. Calvert, who is naturally entitled to hold what opinions he likes. But he is not entitled to mislead those of his readers who are desirous of obtaining real facts about weight-lifting, the effect which his article is calculated to produce among the but slightly-informed. At least, I do not consider that he is, and I am not the only one who holds to that opinion.

Here, on this side, weight-lifting has been studied very deeply by men who have devoted a whole lifetime to its practical exploration. Mr. Calvert is, I believe, not a practical man; at least, his writings do not tend to convey that impression.

As it is very evident to me that interest in weight-lifting on the American Continent is not only great but increasing, I have taken upon myself to approach Mr. W. A. Fullum, the Editor of "The Strong Man," with the object of getting into touch with the American and Canadian readers of his magazine, of which, he informed me some little time ago, he has a considerable number.

That is all I have to say to you at present - and I am saying it on a pamphlet which gives you a unique opportunity of taking advantage of what I can teach you in the way of securing strength and size, should you wish to do so.

In the event of your deciding to take up this Course, address your enrolment direct to me at 129, Grove Lane, Denmark Hill, London - not to the offices of "The Strong Man," the Editor of whom is simply (and very kindly, I admit) placing me in touch with those identical people with whom, at the moment, I am specially desirous of establishing contact.

Yours for practical and successful teaching,

C. Aston

"Britain's Strongest Man."