ASTON'S
"Muscular Posing Exercise"
COURSE.

To those with limited means this course will come as a boon. The principle employed in exercising is absolutely new and without doubt one of the most effective methods of Physical Culture yet discovered and employed.

My Muscular Posing Exercises, which are illustrated by actual photographs of myself on Art Paper, are the result of years of study of the art of Physical Culture. Tests that I have made with this new principle have been more than gratifying to me, and without doubt this course has a great future.

In this course I have solved the problem of concentrated exercise. To those with little time at their disposal for exercise it will have their appreciation.

My Muscular Posing Exercises are a combination of Flexing, Contracting and Relaxing Movements without apparatus. They require little room in which to practise them, are intensely interesting, and have the advantage over other systems of developing the mind at the same time. It is an ideal method of Mental and Physical Culture, and the Will-power is enormously developed.

In addition to developing a strong and splendid Physique with magnificent Muscles, the Internal Organs, the Nervous System and Blood Circulation are greatly benefited.

The course will cure such everyday ailments as Indigestion, Spinal Curvature, Constipation, Weak Heart, etc.; Physical Defects such as Round Shoulders, Flat Chest, Poor Carriage, Poor Development, Extreme Thinness and Swellness. The Nerves are strengthened and toned. Muscular Strength increased beyond all knowledge, the Mind made active and the Brain clear. It is also an ideal course of Physical Culture for those who desire the benefit of scientific tuition at a low fee.

This wonderful course is taught in three monthly lessons at the low fee of One Guinea, but those who prefer to pay by instalments may send 7½p per month for each lesson. If cash is remitted One Shilling will be deducted, reducing the fee to 20/- for the full course.

Each lesson is sent out with full instructions for the practice of the exercises, which are easy to understand. This Course is undoubtedly the best bargain in Physical Culture to-day. There is no further expense.

FILL in the Form below and send to me without delay.

THE ASTON INSTITUTE OF PHYSICAL CULTURE, Ltd.,
ST. PAUL'S CHAMBERS, LUDGATE HILL, LONDON, E.C.4.

7½ EDWARD ASTON, B.S.M.
D.R.E. ASTON.

Please enrol me as a pupil under your "Muscular Posing Exercise" Course. I enclose
(1) 20/- full fee
(2) 7½p first instalment (cash or order not accepted, and the following are the particulars of my case. Ailments, Physical Defects, etc.

Age
Weight
Height
Neck
Biceps (right)
Leff.

Calf (right)
(left)
Chest (east) (normal)

Waist

Thigh (right)
(left)
Forearm (right)
(left)

Signed

Address

Date