WEIGHT LIFTING FOR DEVELOPMENT.

BY ATHLETES.

Many Physical Culturists somehow get the idea into their heads that before going in for weight-lifting they must first of all develop tremendous muscles and—incidentally—phenomenal strength. That this is a mistaken idea the writer will endeavor to show, and in this article give exercises in weight-lifting which, if followed, according to the instructions given, will not only develop the muscular system, but form a good all-round training for the mind and body.

First of all let it be distinctly understood that weight-lifting does not necessarily mean the lifting of very heavy weights. A box of fifteen can go in for weight-lifting, and benefit his health, provided he does not attempt the handling of weights that are beyond his strength, and does not do too much at one time.

For too many youths have a feeling of disgust towards anything approaching “weights” just because they foolishly wrestled and strained at weights they thought they ought to be able to lift.

Before a man can become a champion weight-lifter he certainly must possess great strength, in fact he must have great brain as well as bodily power. But this does not hinder those who are not gifted with strength above the average from taking it up. The fear of straining the heart or otherwise injuring themselves keeps a great many from this branch of athletics; but if they look at it from a commonsense point of view they will see that, under proper conditions, weight-lifting is as harmless as—well, eating. In fact the latter is sometimes a great deal more harmful.

Therefore those who have hitherto looked advance at weight-lifting can try following the advice hereinwith given except all the benefits of this manly sport with none of its risks.

Of course, it is to be understood that the writer is not posing as a professor of weight-lifting. The movements given being merely those he has found by experience to be beneficial. He guarantees, however, that if the exercises are followed regularly, a great improvement in health, agility, and all-round development will make itself evident after less than a week’s practise.

For executing the exercises the weights required are: two dumb-bells, a barbell, and a ring weight.

Two heavy books, or even two bricks will do in place of dumb-bells. A broom handle with the bricks attached to the end, will make a serviceable horseshoe until a better is procurable, and for the ring weight, well, an old kettle, well cleaned, filled with sand, will do good service.

Now, as to the weight of these weights.

For those in their teens, 10 lbs. each for the dumb-bells, 20 lbs. for the barbell, and 15 lbs. to 22 lbs. for the ring-weight is quite heavy enough. For older cultivates a few pounds could be added to each implement, but the increasing of the poundage does not make the movements more beneficial.

The best time to practice is in the afternoon, but as this would be inconvenient for most, the evening, not later than ten o’clock, is suitable.

Wear little or no clothing, and after exercising, finish up with a cold or tepid bath or sponge, according to your taste. Although it is advisable to go through all the movements at one practice, always be guided by your feelings at first, and don’t tire yourself out in one or two exercises. At first go through each movement only once or twice, but after you have got used to handling the weights arrange them so that you can execute them all in about twenty minutes.
INSTRUCTIONS

The performance of the exercise is to keep the dumbbell with the right hand on the back and with the left hand on the floor. After having raised the feet in the horizontal position, the body is lowered to the floor, and the left hand is raised. Then the body is raised and the left hand is lowered to the floor.
VITALITY

INTERMEDIATE

Exercise No. 2

1. Lie on your back with your legs bent at a 90-degree angle. Place your hands behind your head for support.

2. Slowly raise your upper body until your shoulders are off the ground. Hold for a few seconds.

3. Return to the starting position. Repeat for 10-12 repetitions.

Remember to keep your core engaged throughout the exercise.