HOW TO BECOME STRONG

A Series of Exercises with the Chest Expander

1 & 2 3 & 4 5 6 & 7 8 & 9 10 & 11

TO-DAY more than ever before men and women desire, above all things, a perfectly developed and healthy body. No definite system of exercise, however, can be forced upon all, as human beings differ so vastly. Some are naturally strong and others are weak. For the weak and sickly very light Swedish exercises are best, but for the strong and healthy who desire to keep fit and wish to obtain a strong body and to have all the faculties developed to a high degree of perfection, resistance exercises, with the use of a chest expander, are more applicable. Only expanders of light resistance will be necessary, thus obviating any slight risk of strain.

THE humble chest expander is a most suitable exerciser to preserve fitness and improve the physique, especially the upper part of the body and as most of the vital organs are above the waist, it is necessary for the upper parts to receive some attention. Special leg exercises may be performed, however, with the expander, but it is obvious that in carrying the body about all day, the legs get quite a fair amount of training.

MOST people regard "Strand-Pulling" as being exclusively for the athlete, but this is not so, as a carefully planned "table" will exercise most of the muscles of the body and help to keep the student physically fit, stir all life forces to action, and make life altogether worth living.

In preparing the table of exercises suitable to the present requirements, the student should select those that are most applicable to him, according to his health and strength. Those who are in good health and desire to maintain or improve their physical well-being must adopt a specially designed course.

THESE ARE THE WORDS OF COMMAND WHICH SHOULD BE USED

1st EXERCISE
1—Left foot sideways place and arms forward stretch. 2—Arms sideways stretch. 3—Arms forward stretch. 4—Left foot recover and arms downward stretch. (Repeat to the right)

2nd EXERCISE
1—Lunge left with right hand on hip and left arm obliquely upward stretch. 2—Left foot recover and both hands on hips. 3—Lunge right and right arm obliquely upward stretch. 4—Right foot recover and both arms downward stretch. (Repeat)
5th EXERCISE
1. Right arm across bend.
2. Left arm upward stretch.
3. Right arm upward stretch.
4. Both arms sideways and downward stretch.

(Repeat to the right)

6th EXERCISE
1. Left arm upward bend.
2. Left arm upward stretch.
3. Left arm upward bend.
4. Left arm downward stretch.

(Repeat to the right)

7th EXERCISE
1. Arms sideways stretch with strand behind neck.
2. Left arm forward stretch.
3. Left arm sideways stretch.
4. Right arm forward stretch.
5. Right arm sideways stretch.
6. Both arms forward stretch.
7. Both arms downward stretch.
8. Both arms downward stretch.

(Repeat)

8th EXERCISE
1. Right arm sideways stretch and left arm upward bend.
2. Left arm upward stretch.
3. Right arm upward stretch.
4. Both arms sideways stretch.

(Repeat to the right)

9th EXERCISE
1. Hands on hips place.
2. Trunk right bend with left arm upward and right arm downward stretch.
3. Hands on hips place.
4. Arms downward stretch.

(Repeat to the right)

10th EXERCISE
1. Lunge left with left arm across bend and right arm sideways stretch.
2. Left arm sideways stretch.
3. Right arm across bend.
4. Left foot recover and arms downward stretch.

(Repeat to the right)

11th EXERCISE
1. Left knee raise and arms upward bend, with strand behind neck.
2. Trunk forward bend, with leg backward and arms sideways stretch.
3. Left knee raise and arms upward bend.
4. Left foot recover place with arms forward and downward stretch.

(Repeat to the right)
THE SECRET OF SUCCESS IN PHYSICAL DEVELOPMENT

Resolve now to acquire a better physique, to enjoy better health, to keep free from colds and ailments. You can!

Learn the secret of success in Physical Development and have perfect, complete health!

Every champion and athlete will tell you that they owe their success to regular exercise. Day after day they spend hours in improving their muscles and in development.

You can acquire the benefits of hours of exercise by scientifically taking only TWENTY MINUTES DAILY.

Here's the new, better way. Use the "Health & Strength" Exerciser and Developer. With it you receive a chart of 22 exercises planned to develop every one of your muscles equally and properly.

A committee of experts were responsible for both the Developer and the Chart. It has been tested and approved by all.

Use it REGULARLY and you will be astounded at the improvement. Your physique will develop, your nerves will become steadier, illnesses and ailments will become things of the past.

For you are helping Nature in Nature's way. No drugs, no belts or appliances—just these exercises performed with the Developer before breakfast daily.

All the big football teams use it—many famous cricketers, athletes, strong men, posing competitors, weightlifters, all benefit from its use.

Try a course now—you will look back upon your decision as being the finest thing you ever did in your life! And you can pay for it as you develop!

THE "HEALTH & STRENGTH" Exerciser & Developer

Fill up this coupon now and you will receive by return the wonderful "Health and Strength" Exerciser and Developer complete with a chart of 22 Exercises drawn up by well-known Physical Culture authorities. All it costs you is:

ORDINARY STRENGTH 16/6
ATHLETE'S STRENGTH 18/6

PAY AS YOU DEVELOP!

If you prefer, you may send 9/6 now and three payments of 2/6 at monthly intervals for the Ordinary Developer; or 12/6 down and three payments of 2/6 at monthly intervals for the Athlete's developer. Sent to you securely packed and post paid, immediately upon receipt of your order and first payment.

FREE ADVICE
If you suffer from any infirmity, or need advice on any exercise, give details when ordering. We will then mark your chart with the Exercises most beneficial to you, quite free.
HERE ARE THE BOOKS YOU NEED!

EACH ONE CONTAINS FIRST-HAND KNOWLEDGE BECAUSE IT HAS BEEN WRITTEN BY AN EXPERT.

BOXING

SCIENTIFIC BOXING & SELF-DEFENCE

TEXT BOOK OF BOXING

THE STRAIGHT LEFT

RINGCRAFT
By Jim Driscoll. Price 2/-, by post 2/2.

OUT-FIGHTING

MY METHODS—or Boating as a Fine Art

THE ART OF IN-FIGHTING
By Frank Klaus. 27 full-page plates from special photo. Price 2/6, by post 2/8.

THE COMPLETE BOXER

MODERN BOXING: A Practical Guide to Present Day Methods
By Brendan Billy Wilde. Price 1/6, by post 1/8. Souvenir edition, with full-plate photographs of the author, is issued at 5/-.

HITTING AND STOPPING

RING STRATEGY AND TACTICS
By the Editor of "Boxing." Profusely illustrated. Price 1/6, by post 1/8.

GYMNASTICS

VAULTING

GYMNASTIC AGILITY

MUSCLES OF THE BODY
Every important muscle illustrated, with 20 exercises for developing them. Price 1/6, by post 1/8.

RINGS
By Percy Bickerdike. 100 gymnastic exercises on rings described and illustrated. Price 2/-, by post 2/2.

PYRAMIDS FOR GYMNASTIC DISPLAYS

THE "100-UP" EXERCISE

PARALLEL BAR EXERCISES

SIMPLE INDIAN CLUB EXERCISES

HORIZONTAL BAR EXERCISES

MUSCLES OF THE BODY
By H. J. Morgan. How to train for every track and field event. Price 1/-, by post 1/2.

ATHLETICS

ILLUSTRATED TEXT-BOOK OF

BY C. SILFVERSTRAND AND M. RASMUSSEN, WITH FOREWORD BY H. B. STALLARD, THE ENGLISH INTERNATIONAL.

TEXT BOOK OF ATHLETIC TRAINING
By M. Messner. How to train for every track and field event. Price 2/1, by post 2/2.

WALKING FOR ROAD AND TRACK

HURDLING AND STEEPLECHASEING

TEXT-BOOK ON SPRINTERING

SCIENTIFIC MASSAGE FOR ATHLETICS

SWIMMING

SWIMMING IN TWELVE LESSONS
By Sid O. Hedges. Price 1/-, by post 1/2.

MODERN SWIMMING AND DIVING

TEST-BOOK ON SWIMMING

HOW TO DIVE (TRICK AND FANCY)
By Eugene B. Scholfield. Price 1/6, by post 1/8.

Two Million Copies of MULLER'S "MY SYSTEM"

have been sold—and the sales grow daily.

Deservedly the most popular Health System in the world. The exercises are simple and pleasant, and no apparatus whatever is required. Just 16 minutes a day—and you will be safeguarded from illnesses, colds, and chills. Try "MY SYSTEM" for a week—then see if you would ever leave off! It's a marvellous tonic!

Uniform with this Edition

My System for Ladies
My System for Children
My System for the Elderly
My System for the Sick

Text of the Daily Five Minutes

All Booksellers, or from the publishers,

ATHLETIC PUBLICATIONS Ltd.

Link House, 47, GREVILLE STREET, LONDON, E.C.1.

SEND FOR COMPLETE LIST FREE

S. BURT, ATHLETIC PUBLICATIONS LTD., 4-7, GREVILLE ST., HOLBORN, E.C.1.

HACKENSCHMIDT...

One of the mightiest men the world has ever seen gives you THE WAY TO LIVE IN HEALTH AND PHYSICAL FITNESS

PRICE 2/6

NEW EDITION OF THIS CELEBRATED WORK BY GEORGE HACKEN-SCHMIDT HIMSELF. FULLY ILLUSTRATED WITH HALF-TONE PLATES AND DIAGRAMS. DEALS WITH HEALTH, DIET AND EXERCISE. COMPLETE WITH LIFE OF THE AUTHOR AND MANY THRILLING DESCRIPTIONS OF HIS FIGHTS.

From all Booksellers and Newspages or 2/9 from the Publishers

ATHLETIC PUBLICATIONS, 4-7, GREVILLE ST., LONDON, E.C.1.

SEE

The Splendid October Issue of HEALTH & EFFICIENCY

ON SALE EVERYWHERE OCTOBER 1st

SUPERB COLOURED COVER

TWO-COLOURED PAGES

TWO ART PAGES

From all Newspages and Bookshops, 6d., or by post 7d. from S. M. Burt, 4-6, GREVILLE STREET, E.C.1.