Physical Training Notes
By MARK H. BERRY

Let's give a little consideration, for the moment, to the guy who has trained for a sufficient length of time to have a true appreciation of the meaning of "muscle." The muscle in the preliminary stage has not the slightest idea, and even though at times you may feel that exercise is a monotonous pastime, it takes some years to achieve an honest appreciation of the term. Perhaps this sounds like a queer expression, emanating from one who specializes to a greater or lesser extent in the dishing out of misinformation stuff in the field of exercise. But, why lie to ourselves when all of us reach the point, at one or more times in our experience, when training does seem monotonous.

It is entirely to the credit of the individual who persists in spite of such arguments, and I should be inclined to state that only those get somewhere in this game of physique and strength development who battle against monotony to the last ditch and make themselves believe that ahead of them lies a goal, the attainment of which is worthy of the effort.

There is no question but that one has plenty of choice in regards to the selection of exercises and routines, there being literally a million different movements that are possible even when limiting oneself to standard bar bell equipment. But it becomes necessary for the sentiment-minded student to realize that variation is not always for the best, and that most satisfactory results often must be achieved at the cost of sticking to just one set plan of exercises. Particularly should the man of belief experience be slow about jumping around from one routine to another.

Specialization is one of the several keys of this day and age, and when we get to the point where specialization means a routine—a routine in which almost any sphere is gained at the cost of lacking in one area quite substantially, it is all right to talk about variety being the so-called "spice of life," but you are perhaps referring to something altogether aside from exercise, and although you may get a lot out of life through adopting the policy of trying a great many things, you will never amount to anything more than a "Jack of all trades and master of none," unless you specialize in at least the sphere of earning a livelihood the returns are likely to be hardly worthwhile. Similarly in reference to the subject of routine and study, it has been claimed by those who are supposed to know that a broad mind is the key to the secret of success in almost any fields really knows less the end than the specialist, for the reason that the flower forgets too much; the rose possesses too much; the lily too little. The real reason for classification of too many unrelated facts becomes an impossibility. And so we find it in a physical sense, the human body becomes capable of doing well that which it is most accustomed to doing, and improvement of the related physical forces follows apace. One cannot, for instance, travel at distance running and expect to acquit (or retain) the muscular quality of a long distance runner, there is no valid reason for believing the heretofore muscle filled fellow should possess the running ability of the marathoner. Attempts to combine the two and modarity will result.

True enough, you might get a lot out of the practice of a long list of training stunts and exercises, but the degree of satisfaction in the final analysis will be sure to fall far short of that which is realized by the enthusiast who locks in one area for a sufficient length of time. Of course, I do not blame the man of some years' experience who decides in favor of switching around from time to time, "so as to relieve the monotony," we are all guilty, me and them, but the relative beginner has no right in this condonation.

Personally, I get no particular kick out of the standard bar bell exercises, and as much as I realize the value of such movements for conditioning and development it is possible for me to get more out of a slightly different routine. Don't jump at conclusions too hastily, now, you must consider that I have been fooling around at this sort of thing for quite a long time, and we have certain limits beyond which it becomes difficult to advance. Pondering seems to be the important factor, and thus so far as the arms are concerned I prefer repetition jerks and bent presses rather than curls, double arm presses, etc. Something substantial in relation to leg exercises is also preferable to forcing reactions on lighter weights. Just seem to stand still unless some means is devised for the handling of increasing resistance.

The suggestions now being given are neither novel or

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