Dear Friend:

How are you coming along with the four exercises I gave you in Lesson I? I'll bet the front part of your upper arm has already popped out with new thickness and strength. I imagine you had some soreness and stiffness at first when we started reaching those puny, unused fibers. If you think your upper arm is becoming massive, wait until you see what Lesson II does to it.

As you already know the triceps is the biggest muscle in the upper arm and it will therefore become thicker than the two muscles we have been working on. I have four more exercises for you this week. Each one is designed to coax the triceps from a different angle in order to give it its full growth.

Here's one thing to remember. For every inch you put on the girth of your upper arm you will actually be adding 2 or more square inches of thickness. A man who gains from a 13 inch upper arm to 16 inches has added 7 square inches of thickness. Even if an arm is only 1/2 inch bigger in circumference than it was before it will look much thicker. A 16 inch arm looks much bigger than a 15 1/2 inch arm. And it actually is much bigger.

Now, let's get right to our anatomy chart for this week. Figures 1 and 2 show you what the big triceps muscle looks like. It is kind of a horse-shoe shaped muscle that runs the entire length of the back of the upper arm. Tri-ceps means three headed. So the muscle has three heads, or fleshy bellies. In the diagram only two of the heads are visible. The third head lies deep beneath the other two. Some people even have a fourth head on this muscle.

The two heads shown in the diagram are the ones with which we are concerned. If you will notice the inner head is quite a bit longer than the outer head. They are therefore called the long head and the short head. Both of these heads meet in a common tendon at about the middle of the arm. This big tendon is connected to the bone projection of the ulna (fore-arm bone). This point of attachment forms the insertion of the muscle.

Up at the shoulder joint you will see that the long head makes its connection on the outer edge of the shoulder blade, while the short head has its origin on the upper part of the arm bone.

Now, just like in the biceps, each of these fleshy bellies requires a different position of the arm in order to flush it adequately. So study the exercise positions at the same time that I explain them to you.

Incidentally, if you still have the free muscle building literature that I sent you at first be sure to save it with your lessons. You may want to refer to it from time to time. I also think it would be a good idea to start making a notebook collection of your weekly lessons so you keep them in good order.
With the arms hanging straight down at the sides, clench your fists and straighten your arms as hard as you possibly can. Then harder, harder, and harder—for 6 seconds—then relax. The pull of the long and short heads will be pretty equally divided here thereby permitting you to put much emphasis on that deep third head. This builds the muscles very deep, close to the bone. Be sure that you straighten the arms as far as they will go. Remember that the main action of the triceps is to straighten the arm. Clenching the fists merely puts added power into it.

**EXERCISE 2.**

Now we are ready to go to work on the outer, or short head of the triceps. Assume the position as shown. Roll your arms in toward the middle of your body at the same time extending them rearward. Now again straighten your arms as hard as you possibly can. As you watch in the mirror you will see the outer head of the triceps stand out in bold relief. The fists will be clenched with the palms facing outward. Be sure that you roll the arms inward on this exercise, not outward. Hold the contraction for 6 seconds, harder, harder, and harder—then let go. This is a hard one to explain, but if you do it just as you see it pictured you can’t go wrong.

**EXERCISE 3.**

Now we will work on the really nasty part of that triceps which is the inner, or long head. Because the triceps is the biggest muscle of the upper arm and the long head is the thickest part of the triceps this exercise is very important. Put your right arm out to the side and about 45 degrees below the horizontal position. The fist should be clenched and the wrist bent as shown. Now place your left hand right on the inside head of the triceps so that you can feel it contract. Okay, are you ready? Now straighten the arm as hard as you possibly can and at the same time try to ram the arm in toward the shoulder joint. The left hand does not assist in this movement. It merely feels the triceps to see how hard it is contracting. Do this as hard as you can for six seconds—then relax.

Do the same thing with the left arm.

**EXERCISE 4.**

This is exactly the same as exercise 3 except that you do both arms at the same time. Both arms are held 45 degrees below the side horizontal. The wrists are flexed. Now straighten both arms as hard as you can and try to ram them in toward the shoulder joint at the same time. Flexing the wrists harder helps give you the feeling of ramming the arms in toward the shoulder joints. If you feel you’re not contracting that inner head as hard as you should be go back to exercise 3 and actually feel it with your hand.

Remember to put your mind into the muscle you are working.

Each of these exercises should be done one time per day just as hard as you can for a six second period. After two days of this just watch those triceps start to grow.

The last three exercises I have given you are probably the hardest to explain of any in the entire course. Re-read them, and study the diagrams so that you are sure you have them mastered. Next week I will start to work on building you a pair of massive fore-arms. Until then,

Yours for renewed strength and vigor,

[Signature]

Tom Buckley
LESSON TWO SUPPLEMENT -- GENERAL INFORMATION SHEET

1. Body-Tone exercises are cumulative. Each week we keep adding exercises plus doing the ones we received the previous week. We never drop any exercises.

2. Body-Tone exercises may be done at any time of the day providing you have not eaten a large meal within the past two hours. If you can develop a habit of doing them in the morning before breakfast, you will be more apt to keep a regular schedule. If you are a busy man you can fit single Body-Tone exercises into the odd moments of your day. The results this way are just as good as doing them all together, but you may have a tendency to skip some here and there.

3. If you are doing the exercises all in one session the best gard is a pair of gym trunks, underwear shorts, or pajama bottoms.

4. Best location is in front of a large mirror so you can see the muscles contract. Any room in the house is okay as there is little perspiration associated with most of the exercises.

5. Best results (stronger contractions) are possible when the muscles and room temperature are moderately warm.

6. Skip days that you feel slightly "off key."

7. If you shower after your work-out, make it a hot shower, and then taper off with "tepid" water. Don't finish with a cold shower. Cover up well after showering so that the muscles stay warm and the blood vessels dilated. In fact, a Body-Tone work-out may be taken while under a hot shower, cooling the water slightly as the muscles start to produce heat.

8. Be sure your protein intake on a work-out day is over 70 grams.

9. Clenching the fists has a tendency to accentuate the contractions. The brain is able to send a stronger barrage of stimuli over the nerve fibers to the muscles when the fists are clenched. This is only necessary on those exercises you wish to give special emphasis.

10. Smoking is not recommended in conjunction with the Body-Tone course. Body-Tone exercises and vitamin E both open up the peripheral circulation (helping to promote flushing), while smoking does just the opposite by tending to constrict the peripheral circulation. Smoking also reduces the oxygen-carrying capacity of the blood, which in turn greatly impairs a man's muscular and "over-all endurance." A man who smokes can still make gains with the Body-Tone program, but if he abstains he will greatly enhance his developmental powers.

11. Try to think of the Body-Tone program as a big triangle. At one corner you have the Body-Tone exercises, at another corner the high protein diet, and at the third corner vitamin E. They are all inter-dependent upon each other. Don't take the course and just work one corner of the triangle. Success depends upon all three.

12. Some men develop fast, others more slowly. Some reach maximum development in two to three months, while others may take a year, or more. You will quickly see which category you are in after the first few weeks.

GOOD LUCK AND GOOD HEALTH!