Dear Friend:

I received your enrollment for the BODY-TONE course today. Let me shake your hand for taking this step. It shows you are a keen-visioned, far-sighted type of person who likes to do things constructively. And believe me you have made a good investment. The fee minutes per day that you put into your training will reap you big dividends in terms of building an eye-catching, impressively formed physique.

It's a pleasure to meet you by mail and I hope this will be the beginning of a long and lasting friendship.

Now to get down to business. I am enclosing your first lesson which starts right in on those upper arms of yours, but first I want to advise you on some very important facts concerning your training diet.

So get a pencil and paper and write down your present body weight. Now divide that figure by 2.2. The answer you get will be the number of grams of protein that you need per day to get best results with your BODY-TONE course. For instance, if you weigh 150 lbs. and divide by 2.2 your answer would be 73. You would therefore need 73 grams of protein per day.

All you need with the BODY-TONE course is the normal, regular daily requirement for adult men. You do not need to take, or buy, the high potency protein pills that are currently flooding the drug counters. You can get all the protein you need from the foods you eat every day. But, get this. If you fall 20% below the requirement you have figured for yourself then your training sessions will not make the muscles grow in both strength and size.

That means if you weigh 160 pounds and only take in 58 grams of protein per day you will not benefit from your training program. This doesn't only pertain to the BODY-TONE course, but is true of any type of exercise program.

One quart of milk has 32 grams of protein. An average serving of meat meats runs around 22 grams. So you can easily see that a quart of milk plus two servings of meat per day would give you around 76 grams of protein—not counting the other protein foods you eat. But, take out the quart of milk and you'll probably fall short. And that's the way it goes. Most milk abstainers have a hard time meeting their protein requirements and usually have a hard time building muscle. So milk is very important.

If by chance you don't like milk then you had better do one of two things. Either learn the protein content of all foods so you can figure your required amount, or go ahead and try the high potency protein supplements which you can buy at most pharmacies or health food stores.
Here's a little concoction I have for breakfast every morning that will show you an easy way to meet the day's protein requirements in one meal:

Mix and blend the following in a Waring Blender:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Protein (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pint of skim milk</td>
<td>16</td>
</tr>
<tr>
<td>1 raw egg</td>
<td>6</td>
</tr>
<tr>
<td>1 heaping tablespoon Dried Brewer's Yeast</td>
<td>20</td>
</tr>
<tr>
<td>1/4 cup Soybean Flour</td>
<td>8</td>
</tr>
<tr>
<td>1/4 cup Pre-cooked Soybean Granules</td>
<td>10</td>
</tr>
<tr>
<td>1/4 cup Wheat Germ</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td><strong>73 grams</strong></td>
</tr>
</tbody>
</table>

Flavor with two teaspoons of pure vanilla extract.

The result is a frothy, tasty drink that is very much like a vanilla milkshake. I call this a "Muscle Cocktail." By the time I have two servings of meat during the day I have taken in well over 100 grams of protein.

Mind you, I am not saying that you should do the same thing. I am merely pointing out how I handle my own protein requirement. If you want to try the same thing drop in at any health-food store and they can sell you the required ingredients. Don't write and ask where you can get this or that because my answer would be "a health-food store. There are probably several in your community. If not, try to locate one in a neighboring community.

For your convenience I would like to list the protein content of some of the foods that have it in generous quantities:

<table>
<thead>
<tr>
<th>Protein (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>One quart of milk</td>
</tr>
<tr>
<td>Milk, dried, skim (1/2 cup)</td>
</tr>
<tr>
<td>All meats (lean) (average serving, 1&quot; by 1&quot; by 1&quot;)</td>
</tr>
<tr>
<td>All meats (fat) (average serving 1&quot; by 1&quot; by 1&quot;)</td>
</tr>
<tr>
<td>One Egg</td>
</tr>
<tr>
<td>Cottage Cheese (1/2 cup)</td>
</tr>
<tr>
<td>Parsley (1/2 cup)</td>
</tr>
<tr>
<td>One heaping tablespoon Dried Brewer's Yeast</td>
</tr>
<tr>
<td>Wheat Germ (1/2 cup)</td>
</tr>
<tr>
<td>Soybeans (dried, cooked) (1/2 cup)</td>
</tr>
<tr>
<td>Soybean Flour (1/2 cup)</td>
</tr>
<tr>
<td>Soybeans (dried, uncooked) (1/2 cup)</td>
</tr>
</tbody>
</table>

This list is not complete by any means, but will serve as a handy guide in computing your own daily protein requirements.

Now, it is my personal opinion that you should also be taking a vitamin supplement that covers all of the vitamins. I don't mean high potency doxas, but rather, minimum daily requirements. There are many good brands on the market and I'm sure you can find a suitable one. Please don't get the idea that I am a health food addict. I'm not, really. But there is scientific evidence justifying everything I have told you so far.

Now, just one more thing. And that is the use of Vitamin E. Vitamin E is the muscle vitamin. In laboratory experiments with animals if vitamin E is withheld from the diet the muscles will deteriorate. They get smaller, weaker, and require more oxygen to do the same amount of work.
Many experiments at the University of Illinois have shown that Vitamin E in the form of Wheat-Germ Oil increases the endurance of men in running on a treadmill. Similar endurance results have been demonstrated at the Toronto Sports College in Canada on trackmen.

Producers of synthetic Vitamin E products were formerly required to state that "the need for Vitamin E in human nutrition has not been established." The Federal Food and Drug Administration recently reversed their long time stand on this matter and now officially recognize Vitamin E as definitely being essential to human nutrition. It may be sometime, however, before manufacturer's labels get up to date with this new legislation.

Vitamin E appears to be responsible for the optimum health of the connective tissue within the muscle. Each muscle fiber is wrapped in a sheath of connective tissue. Then about every 12 muscle fibers are grouped together to form a bundle of fibers. This bundle is wrapped with even tougher, stronger connective tissue. Then the first bundles are wrapped together in groups to form secondary bundles. Then these are wrapped in groups— and so on, until the whole muscle is formed. So you see there is a considerable amount of this connective tissue in every muscle. When Vitamin E is lacking in the diet of an animal this entire connective structure starts breaking down. The strength of the muscle falls, and the amount of oxygen required to do work is sharply increased.

When Vitamin E is supplied in generous amounts this connective tissue gets thick, strong, and healthy. The muscle can do more work and uses less oxygen.

It is my personal opinion that you will make faster gains in both strength and muscle size while taking your Body-Tone course if you supplement your diet with Vitamin E. Just making the connective tissue, itself, thicker and stronger will aid your cause. Whereas a sharp lack of Vitamin E might prevent us from making any gains at all. And just watch your endurance start improving once you start taking Vitamin E. When a muscle uses less oxygen that means just one thing to you— BETTER ENDURANCE, MORE STAYING POWER, AND IMPROVED SPORTS PERFORMANCE.

Now, synthetic Vitamin E is sold in most drug stores and can be purchased without a doctor's prescription. If the druggist asks you for a prescription that means that the Vitamin E product he handles is combined with other substances and is used for specific purposes. That would not be the Vitamin E that you want anyway. The label on the Vitamin E you purchase should read as follows:

**VITAMIN E - 100 International Units per capsule**

(Contains d-alpha tocopheryl acetate (from vegetable oils) equivalent by biological assay to 100 International Units Vitamin E per capsule)

A good Vitamin E product that I use myself is Richlyn's Vitamin E, made by Richlyn Laboratories, Philadelphia, Pa. Your druggist can secure it for you. One (100 International Unit) capsule per day should be enough to secure optimum results.

If you desire a less expensive method of taking Vitamin E you can take a teaspoonful of wheat germ oil every day. Be sure to keep wheat germ oils refrigerated so that they don't turn rancid. These can be purchased at any drug store. Vic-min is a good product in this line. You get much more Vitamin E from the synthetic capsules, however, then you get from any wheat germ oil product.
LESSON I

Now that we have your protein and vitamin requirements for building massive muscles taken care of let's get right to work on those upper arms of yours.

Remember in your free muscle building information I told you that the bigger a muscle is to start with the bigger it will grow. Well, take a look at Figure 1. It looks like a choice piece of round steak, doesn't it? Actually it is a cross-sectional cut right through the middle of a man's upper arm. I have included it in order to give you an idea of the comparative size of the three big muscles of the upper arm.

As you can see from this diagram the biceps muscle is bigger than the brachialis which lies directly beneath it on the lower half of the upper arm. Both muscles are on the front of the arm. The big muscle on the back of the arm is the triceps, and as you can see it is bigger than both the biceps and brachialis muscles put together. This means that you will get the greatest increase in thickness from developing the big triceps muscle. It will give quicker girth to your upper arm than the other two, but they are vitally important also. So in today's lesson we are going to work mainly on the biceps and the brachialis. In lesson 2 we will get to work on those big triceps.

Now look at Figure 2. This shows you how the biceps muscle lies on the front of the upper arm. Notice how the muscle has two fleshy bellies that are distinctly separated from each other down to about three inches from the elbow joint. They finally merge into a long flat tendon which attaches to the radius, which is the smaller of the two fore-arm bones. The two fleshy bellies are called heads. That's where the muscle gets its name bi-cep, meaning "two-headed" muscle. The fore-arm attachment of this muscle is the movable attachment called the "insertion."

Still looking at Figure 2 notice how the short head of the biceps goes straight up and is attached to a bony projection of the shoulder blade, while the long head has its tendon arched around the top of the arm bone before it too attaches to the shoulder blade. Most people think the biceps is just all one muscle, but it is really two as you can easily see. The two attachments at the shoulder blade are called the "origins."

We'll be talking about "origins" and "insertions" quite a bit in our 12 lessons so I'd like you to understand them thoroughly right now. Remember, they are where the muscle attaches. The insertion is the movable attachment while the origin is the non-movable attachment. In other words when a muscle contracts it pulls the insertion towards the origin.

Now in order to flesh a muscle, or part of a muscle, as you contract it as hard as you can for a 6 second period, the fibers of that muscle must be in line with the insertion and origin. In Figure 2, with the arm held as shown, you can see that the short head of the biceps is in line with its insertion and origin, while the long hand, because of its curved tendon at the top is out of line.
We won't spend too much time on details in this course, but I do want to emphasize that one point, so I repeat:

THE PART OF A MUSCLE THAT YOU ARE FLUSHING MUST BE IN LINE WITH THE INSERTION AND ORIGIN.

EXERCISE 1.

Now to flush the inner head, or short head of the biceps, take a position as shown in Exercise 1. Notice the elbows are close to the sides. The fists are clenched, with muscles facing away from the body. The arms are fully flexed. The head is bent down slightly. Now flex the arms real hard, then harder, harder, and harder until your fists and fore-arms start to shake. This should take about six seconds. Now relax completely.

EXERCISE 2.

Next we will flush the brachialis muscle (see Figure 3) which lies directly beneath the biceps, and gives shape to the lower part of the upper arm. The exercise will be the same as the last one except for changing the position of the hands. Look at the Exercise 2 diagram. Notice that the fists are still clenched, but that the thumb side of the hand is facing up. This position is just enough to roll the radius (fore-arm bone) around so that the insertion of the biceps falls out of line with either of its two origins. It is aided by the brachio-radialis (Figure 4).

Now again, with clenched fists (thumbs facing up) start with the arms fully flexed. Elbows are in close to the sides. The head is bent down slightly. Now flex the arms real hard, then harder, harder, and harder until you quiver slightly. Then let go, and relax. In just a short while you will be able to estimate that six second period without having to count it out.

EXERCISE 3.

Now we will flush the outer, or long head, of the biceps. As you see the diagram for Exercise 3 calls for flexing the arms in the side, horizontal position. This time the fists are clenched with the knuckles facing the sky. Remember this is the section of the biceps that has the tendon looped over the top of the upper arm bone. The position in Exercise 3 straightens this loop and puts the insertion of the long head directly in line with the origin.

In this position, and with the arms held fairly well back, contract the biceps as hard as you can by trying to flex the arms even more than shown in the diagram. Again, six seconds, and relax.

EXERCISE 4.

Before we stop for today let's work the brachialis and radius-brachialis one more time. But this time as shown in Exercise 4. This is the same as the last exercise except that the thumb side of the hand is facing down toward the shoulders. Flex the arms real hard, harder, harder, and harder. In these last two exercises you will not shake as much as you did in the first two.
Exercise 1

Exercise 2

Exercise 3

Exercise 4
Well, there you are. That's all you need to do each day for the front of your upper arm. These four simple exercises will build your biceps, brachialis, and radio-brachialis quicker than anything else you could possibly do. Be sure you put your mind into these exercises and make the contractions good and hard.

Do each exercise just one time per day. Don't believe that by doing them several times per day that you will get better results, because you won't. I would like to remind you that we are building up muscle fibers that you don't use every day. So don't be surprised, at first, to experience a little soreness, or stiffness. If you are really out of shape this may persist for a day or two but will gradually wear off. Don't stop your exercises because of it.

Now, there are many variations in the way different men are built and it is important that you understand some of these. I told you once before that the number of fibers you have in a muscle cannot be changed, and that growth takes place by increasing the size of the undeveloped fibers. There is quite a variance, however, between different men as to the number of fibers in a given muscle.

Some men have parts of different muscles completely missing. Others have additional parts that most men do not have. For instance, it is not uncommon to find the long head of the biceps muscle missing in some men. In others the brachialis muscle may occasionally be doubled.

The brachio-radialis is sometimes absent. And sometimes the biceps muscle will have three heads, or even four.

These things basically determine the over-all shape of the arm. So as we increase the size and strength of your upper arm its basic shape will not change much. It will become thick and bulgy and look more impressive, but it's original pattern of shape will remain constant.

Well, that completes your first lesson. Next week we'll really work those upper arms when we start to work on your triceps.

I hope you have read everything in this lesson very carefully. After you read it once go back and read it several times more. I want you to know exactly which muscle, or parts of a muscle, you are working on with each exercise. Every single lesson will include figures of muscles and bones so that when we finish you will have had a pretty good course in anatomy besides developing your new, massively muscled physique.

Don't forget to check up on your daily protein intake and get that Vitamin E in there somewhere.

See you next week.

Yours for new strength and muscle mass,

Tom Buckley