Dear Friend:

By now those upper arms of yours should be "popping-out" real good. The first growth is always the fastest. They will continue to grow stronger and more massive but at a slightly slower rate for the next two months. Right now the exercises have to be done every single day in order to insure the fastest possible growth. I hope you have been doing them correctly. Be sure you know which muscles you are working on. Later on I will show you how to look in your new found strength and massiveness so that it becomes permanent. This I teach you in the very last lesson.

Right now I am going to show you how to develop massive fore-arms and a bone-crushing grip. You see a mighty grip can very easily be one of your greatest physical assets. In the field of public relations nothing establishes your initial contact and warm introduction like a strong, firm handshake.

A strong grip also means big, powerful fore-arms--the kind that make a man proud to roll up his sleeves and tackle any job.

Now that we are starting to pack muscle on those upper arms of yours we must shape up your fore-arms to maintain good proportions. A muscle-packed upper arm with under-developed fore-arms makes for imbalance in body development. In fact no body building course is complete unless the 19 muscles of the fore-arm are thoroughly exercised.

Some people in the body building field believe that the fore-arms are the toughest parts of the body in which to develop strength and massiveness. I disagree with this and I am sure you will too once you start working on the four simple exercises I am sending you today. It is true that the individual muscles in the fore-arm are much smaller than most of the large muscles of the body and that we might expect to find a smaller percentage of sleeping fibers in each. But, I am going to show you how to work all of the important muscles in the fore-arm to full advantage; thereby giving you quickest possible growth.

But first, let's take a look at our anatomy chart for today. Figure 1 shows a cross-sectional cut through the middle of a man's fore-arm. The striped sections are the two bones of the fore-arm and the other sub-divisions the muscles. There are 19 muscles in the fore-arm, but at this particular point there are 13 major muscles visible. (This cross-sectional view is at the exact mid-point between the wrist and the elbow.)

Now look at Figure 2. Here I have grouped together all of the muscles that perform a similar function. As you can see the muscles that squeeze the hand occupy most of the space. I have labeled these the "squeeze muscles". It follows therefore that greatest development of the fore-arm will come about from gripping or squeezing exercises. Having the largest number of total fibers the "squeeze muscles" would also have the largest number of sleeping fibers.
The two largest muscles of the fore-arm are the Flexor Digitorum Sublimus and the Flexor Digitorum Profundus. Both of these are "squeeze muscles."

Just to show you how big they really are hold your fore-arm in the position shown in Figure 3. Now with your other hand reach up and feel all the meat hanging below the two fore-arm bones. Almost 80% of this muscle mass is made up of these two muscles. Baseball players and boxers who have for years been squeezing tennis balls in order to acquire powerful fore-arms have been on the right track. And so it is that our first, and most important exercise for today is a "squeeze exercise."

**EXERCISE 1.**

Take any ordinary bathroom wash cloth. Fold it several times. Then double the folds so that you have a small, compact wad of cloth gripped securely in your right hand. Kneel on one knee as shown in the Exercise 1 diagram. Now start gripping the cloth harder, harder, and harder, leaning forward, and pushing the gripping hand out in front of you. Squeeze as hard as you can for 6 seconds, then relax.

Now put the cloth in the left hand and kneel down on the same knee as before. Again squeeze. Harder, harder, and harder. Keep pushing that gripping hand out in front as you squeeze. Hold it 6 seconds, and let go.

For some reason you can squeeze harder as you lean into your squeeze as shown. We have found this to be true in testing large groups of men with hand-grip dynamometers. A dynamometer is a device which records in poundage the force of the squeeze.

Again, I would like to emphasize that this particular exercise, involving the "squeeze muscles," is the most important in building a massive, shapely fore-arm.

Although squeezing tennis balls, or small rubber balls is better than doing nothing they are both too bulky to get the full power of the squeeze. A small wash cloth is more compact. You can wrap your fingers around it better and therefore get a stronger contraction of the Flexor Digitorum Sublimus and the Flexor Digitorum Profundus. When the object you squeeze is too bulky most of the power comes from the Flexor Digitorum Sublimus and the other bigger muscle in left out of it.

**EXERCISE 2.**

Now we will go to work on the wrist flexors. As you can see from Figure 2 the wrist flexors do not occupy much space in the fore-arm. But their development is still needed if we are going to give your fore-arms that fully rounded, muscular shape.

Assume the position shown in Exercise 2. This position of the hands and fore-arms we call the "goose-neck" style. Incidentally measuring the fore-arms while they are in the "goose-neck" position will give you their greatest possible girth. Now, with the arms held in a flexed position bend the wrists downward (as shown) harder, harder, and harder for 6 seconds and then relax. Try to make believe that you are trying to touch your fists to your elbows. This exercise also gets the big pronator muscles which are in the upper part of the fore-arm. If you flex the arms hard at the same time you can also get the brachio-radialis that we worked on in lesson 1. Be sure the fists are closed tightly as you do this exercise.
Exercise 1

Exercise 2  Exercise 3  Exercise 4
EXERCISE 3.

Now we are going to bend the wrists back in the opposite direction in order to
flush the wrist extensors. This is easier to do if you hold the elbows fairly close
together in front (as shown). With the palm side of the hand facing upward keep
bending the fists downward to the sides. Try to make believe you are going to
touch your knuckles to the outside of the elbow. Do this harder, harder, and harder
for 6 seconds—then relax.

EXERCISE 4.

Look again at Figure 1. You will notice that the "hand opening" muscles occupy
a considerable amount of space in the fore-arm. Not nearly as much as the "squeeze
muscles," but much more than the wrist flexors, and slightly more than the wrist
extensors. So Exercise 4 flushes all of these "hand-opening" muscles.

Standing with the arms flexed, elbows at your sides, open your hands with
fingers spread as far as possible. Now open them harder, harder, and harder for 6
seconds as you keep spreading the fingers more and more. Then relax.

Today we flushed about 14 or 15 fore-arm muscles. There are about four more
we didn't get to, but they are not important. All together now you have twelve
exercises for your arms and fore-arms. Work diligently at all of them each day.
But let me emphasize again that it is not necessary to do any exercise more than
once a day. There is no harm in doing each one more times per day if you want to,
but it is a waste of time because one contraction (if it is a good hard one) will
make your muscles grow just as fast as they possibly can.

Next week I am going to show you how to make your shoulder muscles more massive.
You will be surprised when you see how one simple exercise can make your shoulders
broaden almost overnight. So, until then,

Yours for thicker and more powerful arms,