Dear Friend:

Today I am going to show you how to start building a deep, massive chest. With just five simple exercises we are going to mold and shape your big chest muscles so that they look like the breast plates on a suit of armor. But first, get the tape measure and let’s check your expanded chest girth again.

Run the tape across your back, under the armpits, and across the nipples in front. Now expand your chest, up, up, as big as you can get it. Now take a reading.

Did you break 40 inches? If not, the exercises I am sending you today will help get you over that 40 inch mark. If you can get up into the high 40’s you will have a truly remarkable chest. A 50 inch chest is considered to be a very top level measure and few men get, or exceed that limit. Regardless of what your present chest girth is I am sure you can add a full six inches to it after completing the entire Body-Tone course.

When you measure chest girth, your tape crosses three major groups of muscles. The large breast plates in front are called the pectorals. The heavy muscle under the arm-pit, but lying for the most part on the back is the latissimus dorsi. And the two large triangular-shaped muscles across the middle of your back are called the trapezius.

You have two pectorals, two latissimus dorsi, and two trapezius muscles under your measuring tape. So you can readily see that with six muscles to work on, you only need a one inch development in each to run your chest girth up a full six inches. And these are all nice big muscles, with a lot of sleeping fibers in them, so they respond rapidly to the Body-Tone system of deep, all-out, 6-second contractions.

Today I am going to show you how to develop the big breast plates, the pectorals. In lesson 6 I will show you how to develop the trapezius muscles; and in lesson 8 the latissimus dorsi.

So, if you’re all set to go turn to Figures 1 and 2 so you can see what these big chest muscles look like.

Figure 1 shows the big pectoralis major muscle. This is a good sized, thick muscle, and one of the easiest in the body to develop. It is a fan-shaped muscle that is divided into three parts as you can see in the drawing. Actually it is three muscles in one because the fibers of each section run in different directions, and each section produces a different kind of movement.
I have labeled each section of the muscle with its appropriate name. The upper portion is called the clavicular portion because it has its origin, for the most part, on the collar bone, or clavicle. The fibers of the clavicular portion run diagonally downward. It is this section of the pectoral that gives that full, blown-up shape to the chest. And it is for this reason that I am going to give you two specific exercises for this part, while I will give you one exercise for each of the other sections. Another reason why we will emphasize this section more than the others is that almost everybody has a clavicular portion, while it is not at all uncommon to find either one or both of the other sections completely missing in many men.

The upper sternal portion, or middle section, derives its name from having its origin on the breast bone, or sternum. Its fibers run in a horizontal direction and the movement it produces is distinctly different than the other two sections. This is the part that most weight lifters over-emphasize while neglecting the other portions.

The fibers of the lower sternal portion run diagonally upward. It is very obvious that the top and bottom sections of the pectorals run in almost opposite directions and you can readily see why a muscle like this must be worked from all angles to secure optimum development.

These three sections of the pectorals very often have distinct separations between them. In some men the separations are so wide that the sections stand out like distinct bands of muscle, while in other men they appear to be more or less fused together. If you have very distinct separations in your own pectorals you will find them becoming more and more fused as you increase the size of all the fibers.

The best looking chest, of course, is one in which the pectorals have an appearance of wholeness and fullness.

You will notice that I have also labeled each section with the exercise that develops it.

Now take a look at the pectoralis minor muscle in Figure 2. This is a thin triangular shaped muscle that lies right beneath the pectoralis major. The reason it is thin in because it is very seldom used. Its main action is to depress the shoulder joint. It has its origin on the ribs and is attached at the top to a projection of the shoulder blade. Lying beneath the pectoralis major as it does it is easy to see that a small amount of development here would cause the big pectoral muscles to bulge out with added shapeliness. It's not a great big muscle, but it's easy to develop because of its lack of use. And its strategic position underneath the clavicular and upper sternal portions of the pectoralis major muscle gives your chest that added, super development. As you will see on the exercise page there is one exercise devoted solely to the pectoralis minor muscle. Be sure you don't neglect this muscle as it will put that finishing touch to your massive chest.

Now that we've covered our anatomy for today let's get down to some real work. So turn to the exercise page.
EXERCISE 1.

This exercise is for the lower, sternal portion of the pectoralis major.

With the elbows held in a locked position cross the arms in front of the body as shown in the Exercise 1 diagram. Notice that the arms are held in a low position. Cross the arms as far as they will go, and at the same time roll the arms inward, toward the chest. This exercise is called the "cross and roll." Now, keep crossing them farther and farther, and keep rolling them more and more inward, as hard as you can. Put your whole mind and effort into this combined movement for about 6 seconds and then relax. If you do this movement correctly you will flush the lower section of the pectorals with rich, nourishing blood, thereby allowing the under-developed fibers to start growing stronger and bigger.

EXERCISE 2.

This exercise develops the upper sternal, or middle portion of the pectoralis major.

The exercise is exactly the same as the last one except that the arms are held in the horizontal position. Cross those arms while rolling them to the inside, hard, hard, hard. Six seconds, and relax. Don't let the elbows bend. And keep your fists clenched as you do the exercise. Remember to cross as far as you can and then a little bit farther. Roll your arms as far to the inside as they will go and then a little bit farther. But be sure you do both movements at the same time.

EXERCISE 3.

This exercise develops the clavicular portion of the pectoralis major.

Again, we're doing the "cross and roll" exercise, but this time with the arms held very high, almost pointing straight upward. The only variation here is that the head is held well back so as not to interfere with the movement. Everything else is the same.

EXERCISE 4.

Now we're really going to hit that clavicular portion. Remember I told you we were going to emphasize it. This is what gives you that high clean-cut super chest development.

Notice there are two diagrams for this exercise. In the first one you shrug your shoulders as high as you possibly can. Now, keeping the shoulders in the shrugged position move your arms around in front of your body as shown. Theoretically try to touch your shoulders together in front of your body. You won't be able to actually touch them together but try with all your power to assume the position shown. Notice the elbows are locked, and the fists clenched. In fact, try not only to touch your shoulders, but both arms also. Hold it hard for 6 seconds. When you relax you will feel the pull in the clavicular section of the pectorals. You must maintain that shrugged position of the shoulders to get the full benefit of this exercise.

EXERCISE 5.

This exercise develops the pectoralis minor thereby causing the pectoralis major to bulk out with better shape and contour.
EXERCISE 5. (cont.)

Assume a normal standing position with the arms hanging at the sides, fists clenched. Now shrug the shoulders easily as shown by the dotted lines. Now we are going to the opposite extreme and lower, or depress the shoulders as far as they will go. Theoretically try to make your clenched fists reach for the floor. Depress these shoulders harder, harder, and harder for 6 seconds. If you are doing this exercise correctly the points of your shoulder blades will protrude, so take a look at your back in a mirror and see how much you can make the blades stick out.

The purpose of shrugging the shoulders at the start of this exercise is that it helps you better understand the movement of shoulder depression which is the exact opposite of the shrugging movement.

So there you have the five exercises that are really going to start bulking up that chest of yours. Do them religiously, but only once per day, and as hard as you possibly can. Again you might experience a little soreness for the first few days, but pay no attention to it.

Incidentally, it doesn't matter which arm is on top when you do the "cross and roll" exercises. I always do it with the right arm on top because it feels better.

The "cross and roll" can be done with one arm at a time for variation. Try this occasionally as you feel the pectorals with the opposite hand to see which parts of it are working.

I hope you are taking your Vitamin E regularly as I suggested in the first lesson. It's very important in ensuring the optimum growth of every muscle. Something you might not know is that too much Vitamin E will give more sheen and gloss to your hair. Take a look at the hair on the back of your head by looking in a double mirror. The sheen and gloss will show up better under artificial light. Can you see it? You might even notice that your hair feels softer and more full bodied.

All healthy animals that are fed Vitamin E have a sheen, or gloss, to their coat—and man is no exception in this respect. Did you ever see a dog with a shiny coat and wasted muscles? You bet you didn't! If the muscles are wasted and deteriorated the dog's coat will be dry and lifeless.

Next week I'm going to show you how to cover your whole back with big, rippling muscles. This will also increase your chest girth and prevent your pectorals from pulling you into a round-shouldered position.

So until then,

Yours for a massive 45" chest,

Tom Buckley