Dear Friend:

How are those big chest muscles of yours coming along? I'll bet they're starting to pop out with real shape and massiveness. It's fun to work on the bigger muscles because you see your results so much faster. We've got some dandies to work on today as we start to work on that back of yours.

Yes sir, with just three simple exercises you can develop a back full of rippling muscle. And you know there's just something about a heavily muscled back that makes a man look extra powerful. Wait until you see how bulking up those back muscles will increase the size of your chest girth.

But you know the most important thing about having well developed back muscles is that they hold the shoulders back, thereby squaring them off and making them look broader. Now that those pectorals of yours are getting big and bulky they will have a tendency to pull you into a round-shouldered position. This lesson will prevent that from happening. As we strengthen and develop your upper back muscles you will be mightily pleased with the fine shoulder carriage you acquire.

So let's turn right to our anatomy chart for today and get started.

In Figure 1 you see the big trapezius muscles. There are two of them. One on either side of the spinal column. These muscles are tri-angular shaped, anchored for the most part on the first 19 vertebrae, and have terminal attachments (or insertions) on each shoulder blade. Together they form kind of a diamond-shaped quadrangle right in the middle of the upper back.

If you've ever put in a full day's work with a wheelbarrow you know where these muscles are and how they work. These are big muscles with lots of fibers, but the fibers are usually under-developed. So much so that they respond exceedingly well to the Body-Tone system of deep, 6 second contractions.

In fact these muscles eventually get so weak in sedentary people that when winter comes the simple act of wearing a heavy overcoat for the first time causes the trapezius muscles to get stiff and sore.

You will notice that I have divided the trapezius into two sections. In the upper section the fibers run laterally downward, while in the lower section they run laterally upward. This means that each section produces a different action and therefore requires a different exercise to flush it adequately for the fastest possible growth.
Now, in Figure 2 you will see the other back muscles that we will work on today. The Rhomboids and Levator Scapulae muscles lie beneath the trapezius. It is very obvious that these muscles would cause the shoulder blades to be drawn rearward and upward. They are not as big as the trapezius but are very important in securing full muscular development of the upper back.

Now turn to the exercise page and I'll show you how quickly you can start making all of these muscles bigger and stronger.

Notice that I have drawn today's exercises in a series of action diagrams so you can follow the movement more closely. For instance, exercise 2 has four diagrams. This does not mean there are four exercises. It merely shows you the sequence of movements for one exercise.

**EXERCISE 1.**

This exercise develops the upper section of the trapezius muscles.

Stand with the arms flexed in a side-horizontal position. The fists are clenched and the head is held erect. Now start drawing your elbows rearward. Draw them slowly rearward, then harder, harder, and harder until you start to quiver slightly. Hold it for 6 seconds, and then relax. As you do this exercise try to imagine that you are going to make both elbows touch at the spot I have marked with an X. Actually this is impossible, but it makes you put more force in the exercise.

Remember again, that the force and power you put into these exercises will determine how extensively you flush the muscle with rich, nourishing blood during the relaxation period. The harder your effort, the more blood rushes into the muscle as you relax. During the actual contraction you practically squeeze all of the blood right out of the muscle, but it is then that you produce this histamine-like substance which paves the way for greater blood flushing when the exercise is over. And it is during the relaxation period that the puny fibers start taking their nourishment from the blood which seldom reaches them at all under ordinary conditions.

**EXERCISE 2.**

This exercise develops the lower section of the trapezius muscles.

With the arms held at the side in a 90 degree flexed position start drawing the elbows rearward. Draw them back harder, harder, and harder. Again, theoretically try to touch your elbows together at the point marked X. Hold it for 6 seconds, then relax. Of course you won't be able to touch your elbows together, but try real hard anyway. It is permissible during this exercise to hold your body in a slightly arched position as shown.

If you will look again at the lower section of the trapezius on the right side of Figure 1 you will see how that part of the muscle looks in full contraction while doing this exercise. On the left side of Figure 1 you can see how the upper section of the trapezius looks when it is contracted as in doing Exercise 1. Notice how the position of the arms in moving the shoulder blades causes the different sections of the trapezius to be brought into play.
Exercise 1

Exercise 2

Exercise 3
EXERCISE 3.

This exercise develops the muscles of the back that lie beneath the trapezius, namely the rhomboidei, the levator scapulæ, and the splenius capitæs.

The exercise consists of three combined movements. The head is pulled rearward as far as it will go. The shoulders are shrugged as high upward as they will go. And the arms, with elbows straight and fists clenched, are pulled rearward as far as they will go. All three movements are done together, starting slowly, then going harder, harder, and harder for 6 seconds,—and relaxing. In this exercise you should have the feeling of trying to bunch all of these upper back muscles together in one small group.

These three exercises are all you need for truly magnificent back development. Incidentally that first exercise you did today also catches the big rear section of the deltoid, or shoulder muscle. It will supplement the work that we did on the shoulders in lesson 4.

I would like to repeat again that all of the exercises you have at present should be done once per day, and in the order in which you received them. Don't skip around, as the order has been specifically designed to give you the best possible results.

Always work in front of a mirror as it has a better psychological effect. You can see the muscles get bigger as you flush them. If you measure them with a tape right after a work-out you will see that they are bigger. Naturally if they are engorged with blood they will be considerably larger.

Well, right now we have the upper part of your body pretty well taken care of. We'll work on your neck muscles in lesson 9. Next week I'm going to show you how to line your mid-section with deeply furrowed, high ridged bands of muscle. Your abdominals will stand out in bold relief as you develop a mid-section that can really "take it."

So until then,

Yours for a wide, heavily muscled back,

Tom Buckley