BROOM HALL,
HOLDerness ROAD,
HULL.

Dear Sir,

I thank you for your enrollment for the International Course.

Please find the first lesson enclosed.
I shall be pleased to have your reports of your progress before the second lesson becomes due.

The Spring Grips for use with this lesson will be sent to you under separate cover by parcel post and I hope you receive these safely.

Yours truly,

[Signature]
GUARANTEE.

This Guarantee is issued with Brom's International Course of Physical Culture, thus ensuring pupils of the results offered in connection with these methods.

1. That each pupil continues this Course until he reports satisfied with the results.

2. That after the conclusion of the six lessons he shall receive further instruction without further charge until the desired results are obtained.

3. That the apparatus becomes the sole property of the pupil and in the case of those pupils who take the Course on terms then the apparatus becomes their property on the completion of the full course.

4. Brom's After Sales Free Service is also guaranteed to apply to this course, that is, "Once a pupil, always a pupil," and students of this Course are entitled to ask for further advice and assistance on any matter relating to their physical welfare at any time without further charge. This clause provides for your whole time physical training for this small fee.

5. It is also agreed, owing to the personal nature of this Course, that it is not re-sold, loaned or hired or copied. For being copyright, any attempt in this direction will be dealt with in the proper channels. Pupils are asked to inform me of any breaches of this clause to protect their own interests as well as my own.

6. A copy of this guarantee is sent to each pupil with the first lesson and signed by E. Brom. Will you therefore, kindly sign this copy of the guarantee and return it to me with your enrolment form when a duplicate will be returned duly signed to you.

Signed...........................................

Address...........................................

Pupil's Signature...................................

Address...........................................
LESSON I.

W. H. BROOM.

World's Premier Physical Culture Expert.

BROOM HALL,
HOLDERNESS ROAD,
HULL.
This Course has been issued after two years of constant study of the various methods of strength training. The advent of All-in-Wrestling has brought before the public a great number of remarkably powerful physiques and, whilst each person may differ in his outlook towards this sport, all will admit that these men are enormously strong, quick and have a great deal more endurance than is expected of such heavily built athletes. Their sport demands from them sustained endurance, often in positions where normal breathing is impossible, and in whatever light we look upon these contests these men have made us think.

When these men first arrived from the continent and were introduced I decided to thoroughly investigate the methods of training used, chiefly at first to extend my own knowledge of physical culture methods. I first covered thoroughly the British-trained athletes and visited their managers and trainers. My position in the physical culture world gave me access to their training camps and I will admit although I have been for 20 years constantly in touch with Champions of all sports, that on these visits I learned many new points in training, especially in connection with diet.

Then came the continental invasion. Week after week men weighing 14 to 17 stones, with lightning speed and almost endless endurance, were presented to the British public. I therefore made it my business to interview these men and also their managers and again I gathered information, in fact, secrets, especially in regard to enormous shoulders and neck development for which the continental athletes are so well-known.

I had gone so far that I determined to go into the matter more thoroughly and I wrote away to the principal American athletes and their trainers and here again new points were obtained which show that these men aim at speed, bulk, and endurance.
Lesson 1.

I had advantages perhaps over anyone else in these matters because I have been in constant touch with Indian Rajahs for many years and in some cases these men keep their troops of wrestlers and Athletes and compete against each other. Furthermore, the Indians possess certain knowledge in the training of the body which has never before been published in this country. These exercises are called Indian Bends and in a later lesson I shall deal fully with these as I have permission to publish these exercises, and the whole secret of what the Indians do to gain such enormous strength will be given to each pupil.

Many years ago Hans Sax and Sam, two Indians who had received permission to leave their native country and contest against European wrestlers, defied our best. At that time much talk and publicity was given to the manner in which these men trained because so little was known of their methods. Their movements were faster than our light weight boxers, whilst it was no uncommon feat for them to pick up a 16 stone man, and throw him bodily many feet, and yet at the same time no great development was evident. When these secret methods are added to the British and Continental training methods, they combine and give a partner-like activity and the continental type of strength.

This course will be sent to you in six lessons over six months and in each case clear instructions will be given in working the different methods. It is advisable for the pupils for the time being to concentrate on the first month’s exercises and not trouble yet with the lessons to follow.

This lesson is to give the pupil a greater degree of concentration and also to develop the vital parts of the body, such as the spinal region and the body muscles, and to generally tone up the muscular system to prepare it for the lessons to follow;

It must not be considered at any time that these methods are contrary to my World Famous Will Power Movements. Firstly this course has a different object, that is the development of bulk, whilst the Will Power Movements have aimed at giving detail of development and mental control over the muscular system, and they are both prescribed for the particular object in view.
Secondly Will Power Movements are in this Course and when specially prescribed can also assist in the desired aims of this Course by their action of bringing a fresh flow of new blood to the muscular system centres.

In the first lesson it is advisable to commence with the Spring Grip which are provided and to commence with a few of the first exercises and gradually add to these until you go through the full set each day.

The best time for exercise is in the evening 1½ to 2 hours after a meal.

I would suggest that the Spring Grip be used on Mondays and on Tuesdays commence the Will Power movements with this lesson commencing again with a few of the first exercises and gradually adding to these until you go through the full set given each day. Also as regards the Will Power movements commence with a light resistance and gradually increase this until you use the full limit of your power and also commence with a few repetitions, just sufficient to make the muscles ache slightly but as all the muscular tissues become toned up gradually add to the repetitions until you continue a sufficient number of times to make the muscles ache.

Follow the next day with the Spring Grip Course and go on working each course on alternate days. Complete rest should be taken on Sunday from these exercises.

Do not think this first lesson too simple or easy. Remember you are going to get definite results that will surprise you and this lesson in chiefly to tone up the muscular system for the more advanced Lessons to follow.

This is a six months course and the result at the end of the six months will be satisfactory to you and therefore I ask you to concentrate on this lesson fully.

Also if you have previously taken my Will Power Movements and some of the same exercises have been sent to you before it is still advisable to carry out the exercises sent because they are prescribed for a definite purpose.
LESSON 1.

BROOM'S WILL POWER MOVEMENTS.

Exercise 1.
Stand at attention as in Figure 1 taking hold of a belt at arm's length overhead as shown having the hands the same width apart as the shoulders are wide.
Now bend from side to side from the waist keeping the legs and arms straight and having the head always between the arms.
Now bend over from the waist pulling strongly apart as you bend over sideways and continue until the muscles used ache. This exercise is to stretch the muscles at each side.

Exercise 2.
Exactly the same commencing position as in Exercise 1. Now bend forward from the waist keeping the arms straight and the head between the arms. Pull strongly apart throughout this exercise and as you bend forward endeavour to touch the toes with the belt. You will find you cannot do this but go as far as possible. Make the movement slowly. This exercise is to stretch the spinal muscles and tone them up. Continue approximately 6 times and gradually increase to 12 times or until the muscles used ache.

Exercise 3.
This exercise is exactly the same as exercise 2 but this time instead of bending forward bend backwards from the waist.
Take up the commencing position in Fig. 1. Now bend backwards from the waist as far as possible keeping the legs and arms straight and pulling strongly apart all the time. Continue until the spinal muscles ache.
The back should be arched in this exercise. This can be done by raising the posterior and thereby bringing the tension on to the small part of the back. This exercise develops the main muscles of the spine and the previous exercise stretches them.

Do not hold the breath in these exercises. Breathe normally.
Lesson 1.

Exercise 4.

Commence with the belt at the shoulder having the hands the same width apart as the shoulders are wide. Now pull strongly apart and slowly press the belt to arms length overhead to position as shown in Figure 1. Have the back arched throughout this exercise tending the spinal muscles (those large muscles which run up and down at each side of the spine). When you have pressed the belt to figure 1 position endeavour to reach a little higher and at the same time pull strongly apart. It will then be found that the lat. Dorsal muscles, which are the large muscles under the arms, will come out in relief and it is on this point that the mind should concentrate. Bring the hands slowly back to the shoulders and continue 5 times increasing to 12 and adjust the resistance so that the muscles ache at the end of 12 to 18 repetitions.

Exercise 5.

Take up the position as shown in Figure 2. The method of holding the hands in these exercises is important. The correct method is to take hold of the left thumb with the right hand as shown. When in this commencing position first arch the back and now pull strongly apart bringing the Lat. Dorsal muscles into relief. Continue until these muscles are clearly shown and slightly ache. Relax and repeat. Hold in the tensed position for a second or two.

Exercise 6.

This is a very valuable exercise and it must be carried out correctly. Exactly the same commencing position as exercise 5 but this time make a complete circle with the upper part of the body keeping the legs straight throughout and as you describe these circle pull strongly apart with the hands. It will be felt that the whole groups of back, arm, shoulders and body muscles are brought into play in this exercise and the tension should be felt on these muscles as the body is rotated. Continue until the muscles ache.

DO NOT HOLD THE BREATH IN THESE EXERCISES. BREATHE NORMALLY.
Lesson 1.

Exercise 7.

In this exercise special attention should be paid to the position of the hands. Take up the position as shown in Figure 3. Have the right hand clenched and take hold of the right wrist with the left hand with the palm of the left hand resting on the closed right hand.

Commence with the right arm straight and slowly bring it upwards to the shoulder by bending the elbow, resisting the upward movement strongly with the opposite hand. It will be thus found that the tension is placed on the biceps and continue until the biceps ache. As the hand goes downwards release the resistance.

In the illustration the right bicep is being exercised and both arms should be worked in turn. Make certain you get the correct position.

Exercise 8.

This exercise is exactly the same as No. 7 but this time reverse the position of the hands. Have the knuckles of the right hand upwards at the commencing position with the left hand resting on the knuckles of the right hand with the right arm straight. Now bend the right arm at the elbow and bring the hand up to the shoulder. It will be found that by having the knuckles upwards the tension is placed on the forearm muscles. Continue until the forearm aches.

Exercise 9.

Position as Figure 4. When in this position pull strongly apart and hold for a second or two. This exercise is for broadening the back and development of the shoulders.

Commence with 6 movements and gradually increase to 12. Also increase the resistance gradually.
Lesson 1.

Exercise 10.

Exactly the same commencing position but instead of pulling apart push inwards, not towards the body but endeavour to bring the elbows together. Keep the position as shown. It will be found that these movements place the tension on the Pectoral Muscles. (These are the large chest muscles). Commence with 6 movements and increase to 12.

General Advice.

This is the first lesson and it is sent for definite reasons. Therefore do not trouble with any other exercises but put your mind on this lesson.

Forward a report before the next lesson becomes due. Work the Spring exercises one day and the Will Power movements the next day. Rest completely on Sundays.

Commence with light resistance and gradually bring the muscles into action and increase the resistance so that the muscles ache at the end of 12/18 repetitions.

Do not hold the breath in any of these exercises. Holding the breath when exercising (except in breathing exercises when instructed) is dangerous and is often one of the causes of P. C. being blamed for things the pupils have done themselves.

I advise no alteration in diet at present. Eat plenty of good wholesome food but I do suggest that you drink at least 6 glasses of cold water each day. This is the first step to increasing the weight. Filtered water is best; if you cannot use this then ordinary cold water is quite alright and the majority of athletes do not drink enough. It washes the internal organs and also feeds the body more than most people think. Make this a fixed rule to have six glasses of water per day between meals.

You are now a pupil of this course and whatever you require to know avail yourself of my AFTER SALES FREE SERVICE.
BROOM'S WILL POWER MOVEMENTS.

FIG. 1

FIG. 2

FIG. 3

FIG. 4
Lesson 1.

Spring Grip Dumb-Bell Exercises.

Exercise 1. Fig. 1.
From the position shown bring the arms slowly downwards and then straight to arms length. Alternately right and left. Perform the movements 10 times and increase by one every second day.

Exercise 2. Fig. 2.
Commencing with arms straight at sides and body erect. Bend the body to the right swinging the right fist under the armpit; same movement to the left. Keep the lower part of the body right. 10 times increasing one every second day.

Exercise 3. Fig. 3.
Commence as in Exercise 2, right to the front. Raise the right and left arms alternately to the shoulders by bending the elbows, tensing tightly on the biceps muscles.

Exercise 4. Fig. 3.
Same as exercise 3 but with the knuckles upwards. Perform exercised 10 increase to 16 times.

Exercise 5. Fig. 4.
Extend the arm out in front of the body level with the shoulders. Now bring the arms sharply backwards to the fullest extent. Relax and repeat 10 times and increase by one each second day.

Exercise 6. Fig. 5.
Arms out level with the shoulders. Bend the arms and bring the hands in alternately to the shoulders, tensing the biceps. When at the shoulder position lift the elbows thus fully contracting the biceps till the upper arms ache.

Exercise 7. Fig. 5.
Stand erect with arms bent level with waist and then strike out quickly to the fullest extent. Relax and repeat 12 times and increase speed.

Exercise 8. Fig. 7.
Commence with the body erect and the arms at the sides with the knuckles facing the front. Now raise the arms slowly forward until level with the shoulders, inhaling throughout the upward movements. Return slowly to the commencing position exhalting as the hands go downwards. Slowly 12 times. Gradually increase the length of the inhaling and exhaling.
LESSON I.

Exercise II Figure 8.
Lie at full length on the ground with arms extended above the head. Now raise the body, bringing the arms over and touching the toes.
Continue until the body muscles ache.

Exercise 10 Fig 9.
Standing on the toes with the body erect, arms at the sides. Now bend the knees deeply. Pause and return to the erect position.