BROOM HALL,
HOLDERNESS R.A.
HULL.

Dear Sir,

Please find enclosed the fourth lesson of the International Course.

The apparatus for use with the leg exercises and the neck developer are being sent to you by parcel post.

Yours truly,
BROOM'S INTERNATIONAL COURSE.

LESSON 4.

BY M. BROOM.

World's Premier Physical Culture Expert.

BROOM HALL,
HOLDERNESS ROAD,
HULL.
Lesson 4.

Brown's International Course.

Leg and Neck Exercises.

One of the greatest difficulties with Physical Culture Exports is providing a really thorough physical culture course is the development of the leg muscles. The large muscles of the legs are naturally much stronger than the arms and therefore it has always been difficult to obtain properly adjusted resistance. Also those exercises where the legs are brought into play do not increase the actual development of these muscles.

A cyclist may ride a cycle for years and cover great distances each week but still no great development is seen simply because it is purely a mechanical movement. Runners also do not show the increase in leg development which would be expected through taking part in training and races where the leg muscles are principally used.

In most branches of sports far too many athletes can be found who lack development in legs in proportion to the rest of the body and, remembering that "A chain is always as strong as its weakest link" it is necessary that the leg muscles should be developed and brought to a good pitch equally as much as the arms.

I have definitely overcome the difficulties which existed in causing the resistance and although the outfit used may at first seem crude and awkward, if the pupil will study the principle he will agree that it is effective.

The appliance is sent with this lesson and should be used as instructed and it will be found that it has a real bearing on the improvement of the leg muscles. Also in the cases where leverage is obtained, almost any amount of resistance can be placed on these muscles.
Neck Exercises.

The development of the neck is important from a physical culture standpoint. The neck carries the head which contains the wind which is the engine of the human body and by which all physical movements are possible and are controlled and therefore it is only reasonable that it should be carried on a substantial and strong foundation.

The neck is a telltale of health and a broad, strong neck naturally denotes power. It is a general sign of good lungs unless too short. Also as the principle trunk nerves run down the spine, pass through the neck it is therefore imperative that this part of the body should be well developed.

There are many methods to choose from, such as applied resistance movements as taught in my Will Power Movements. Bending exercises with a barbell. Also certain gymnastic exercises and the Swedish methods have been used.

It will, therefore, be seen that all physical culture instructors agree on the importance of the development of the neck and the surrounding muscles and they all realize the importance of providing suitable exercises.

Will Power Movements are effective but they give the detail of development which goes with these exercises. The barbell method has its difficulties because the weights are necessary and are not advisable in every case.
Lesson 4.

The Swedish and Gymnastic methods are not suitable to many owing to the fact that the institutions where these exercises can be carried out are not always as near to hand as is convenient and it is impossible to use these methods at home or in a small gymnasium.

The method I have employed in this course is partly resistive and partly based on the same principle as bridging with weights only no weights are required.

The appliance I have introduced in this course is the most effective for increasing the neck measurements, equally as much as when weights are used.

This appliance should be screwed to the doorway the same height as the pupil’s eyes and the resistance applied as instructed.

The pupil will now perhaps have to make a slight alteration in his method of training by adding the leg exercises to the Will Power Movements in Lesson 1 combined with the teasing exercises and the neck exercises on alternate days along with the spring graps and the exercises in Lesson 3.
Exercise 1.

Place the leg exerziser across the right foot with both legs straight. Bow bend the knee and bring the right leg upwards resisting its progress with pressure from the right hand. Bring the knee well up until at right angles to the body. Return to commencing position and repeat until the muscles of the thigh ache. Gradually increase the resistance. Figure 1. Work both legs in turn in the same manner.

Exercise 2.

Same commencing position as exercise 1 but this time bring the leg straight out in front, keeping the knee locked and the leg straight throughout the exercise. Resist the upward progress by pressure on the leg exerziser with hand as shown in Figure 2. Continue until the leg muscles ache and work both legs in turn.

Exercise 3.

Place the leg exerziser at the side of the right foot and perform the movement in exactly the same manner as exercise 2, Figure 2 but work the leg straight out at the side resisting with the right hand as before. Both legs in turn until the leg muscles ache

Exercise 4.

Place the leg exerziser on the heel of the right foot and bend the knee this time bringing the foot up at the back.
Lessons 4.

Exercise 4.

Take up position as shown in Figure 4. Now turn the head from side to side pressing strongly with the head against the neck exercise. Continue until the muscles ache.

Rules for Lesson 4.

1. We have found that the best results are obtained from this course by working one full lesson on each day, and adjusting the resistance so that the muscles ache at the end of 12/15 movements. This is suggested because you will find it is not advisable to work more than one lesson on each day.

If you are compelled to miss certain days then it is best to go on with the course by carrying out the lessons in their order.

2. Study the muscular system and the muscles used in each exercise on the chart sent with lesson 3 and concentrate on the muscles used in each case.