

THE METHOD THAT MADE ALL STRONG
MEN STRONG

All the well-known strong men of today became strong through PROGRESSIVE strength-building methods. They started with light weights, and gradually made them heavier,

--but many of them, in their striving to excel, tried to build showy muscles too quickly. They undermined their vital powers.

It is much better to be a fairly strong man with the ability to use all functions, than to be an exceptionally strong man in some parts and weak in others. Nature marks the strong man with the power to reproduce.

When you were born you were given a seed of vitality. How you developed that seed is told by your condition today.

That is the secret of superb strength: Develop EVERY PART and EVERY FUNCTION of your body. GET THE MUSCLES--ALL OF THEM--IN THE HABIT OF EXPECTING A LITTLE HARDER TASK RIGHT ALONG? AND THEN NATURE WILL SUPPLY THEM WITH A LITTLE MORE STRENGTH THAN THE TASK CALLS FOR, UNTIL YOU HAVE WITHIN REASON AN ARM, CHEST, NECK, OR ANY OTHER PART OF THE BODY AS POWERFUL AS YOU WISH.

Strength is something that you desire more of--we all do. And the strange thing is that since we desire it so much, and it is so easy to get, that we do not find more men of masterful power.

YOU CAN BE A MAN OF MASTERFUL POWER

You are entitled to superb strength--strength of mind, strength of body, strength of sex. Don't be satisfied with anything but SUPERB STRENGTH.

Don't be one of the 99 out of every 100 who do not have it, because they are either too lazy to work for it, or lack will-power to reach out and take it. Nature is always the same--always ready--and she works along well-defined lines. All you have to do is to demand strength as yours, and work for it until you do get it. Think strength, talk strength, act strength--and SUPERB strength is bound to come to you. And remember, the Lord helps those who help themselves.

But don't make the mistake that many ambitious men make. Don't try to do too much at first. All men who overexert themselves with heavy dumbbells or apparatus do not live so long as the man who builds for strength and health by milder measures.

This is where many physical directors who are professional strong men make their mistake. They lash the pupil into a sweat, and try to make him travel too fast a pace.

The professional strong man, as a rule, has never been weak or sick himself. He often points to himself as an example of his methods, and he may even boast that he has never seen an unwell day.

When you go after strength, go after REAL strength--the strength that comes from the inside, and shows itself in a clear skin, sparkling eye, firm stride, fearless look. Make your muscles supple, active, alive with vitality--every single muscle of your body. Tingle with glowing health! Enjoy life!

A good exercise to develop the whole body, if you are fairly strong, is to stand on your head with your feet against a wall to keep your balance, and then push your body up with the strength of your arms, keeping your feet in the same place. Repeat by keeping the body stiff, and letting the feet slide up the wall. This stretching of the torso will wonderfully strengthen the vital organs; and the push-up will enlarge the triceps or upper arm.

If you are thin, and practising this exercise regularly, you will be gradually increasing in weight. This added weight will make the exercise more difficult and your arms will develop to meet the weight.

A progressive method that will develop the forearm and grip is to lay a broom on the floor and raise it up by the handle from a horizontal position without bending the arm. As you become stronger you can gradually take hold of the broom nearer the end until the end is reached. Then you can keep on by adding a book or other slight weight at the opposite end. This will give you an enormous grip and a very large forearm.

But probably the best way of all is to use two hollow Wonder-Bells. These the normal man can easily handle when empty. By adding a little shot or sand each day to each bell the weight will be so gradually increased that you will never notice the increased weight. But the CELLS of your body will notice it, and they will at once begin building tissue to meet this constantly increasing demand.

While there is no strain at any time in this method, inside of six months you will be exercising with two bells which could not be easily handled in a dumbbell drill except by a very strong man. If you are slender, your arms and body will enlarge several inches to take care of the added weight. If you are fat, your muscles will feed off the surplus fat, and your arms will probably stay the same size, but you can depend upon it that they will be composed of different stuff.

With barbells only a few movements can be followed, but with a pair of Wonder Bells, EVERY muscle of the body can be developed and benefited. The varied movements possible with them will make you strong all over, and phenomenally quick, and your interest will not lag for want of exercises.

As you know, dumbbells are a standard means of body development. Every gymnasium uses them. It is the one apparatus that all physical culturists, athletes, and strong men agree on as strength building. They will broaden your shoulders, deepen your chest, and make a man of you--IF YOU GRADUATE THEM TO MEET YOUR INCREASING STRENGTH.