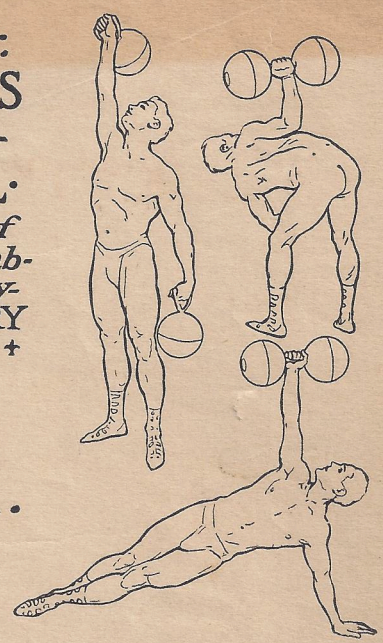
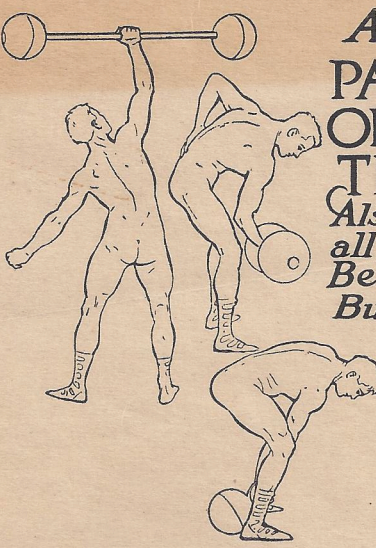


THE MILO BAR-BELL COMPANY.

Alan Calvert ★ ★ ★ ★ *Proprietor.*
PATENTEES AND MANUFACTURERS
OF THE MILO-TRIPLEX-COMBINA-
TION-ADJUSTABLE-DUMB-BELL.
*Also Manufacturers of Adjustable Dumb Bells of
all Varieties. Originators of Progressive Dumb-
Bell Exercises, an Infallible System of Body-
Building.* OFFICES SHOWROOM & FACTORY
1116 TO 1122 OLIVE STREET ★ ★ ★



PHILADELPHIA, PA.

May 21, 1917.

Mr. Roy J. McLean,
University of Texas, Men's Gym.,
Austin, Texas.

Dear Sir:-

I received your letter acknowledging receipt of the bell. Your auditor has not yet sent a check for same. I enclose herewith one copy of the first course, and I am sending another copy under separate cover. If you want to develop the legs, you should practice Regular Exercises 5, 6, 8 and Special Exercise #4. To develop the calves of the legs, practice the first part of Regular Exercise #8, but use one leg at a time. When doing this, you will have to hold a Dumbbell or a Kettle-Bell in one hand, and place the other hand against the wall to balance yourself. Then go up and down as fast as you can, and as high as you can on the toes of the one foot. After the calf muscles are tired, change to the other foot.

For the underside of the thighs, Regular Exercise #5 is very effective. For the front and outside of the thighs, Exercises 6 and 8 will fill the bill, but in Exercise #6, you must use a heavy weight, and bend the legs only half way, and in Exercise #8, (second part), you must use a comparatively light weight, and you must sit on the heels and point the knees far out to the sides as you stoop downwards. Also practice hopping on one leg. The combination of the above exercises ought to give you a fine leg development.

Yours truly,

Alan Calvert

THE MILO BAR-BELL CO.

AC/N.

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