

## FRANK RENO

The three pictures on this page are of Frank Reno, of South Bridge, Mass. He has done considerable work as a hand-balancer, and some time ago took up bar-bell and dumbbell lifting to improve his development.

These pictures are great. The one at the bottom of this column shows his magnificent back development. In the upper picture he is holding aloft a 125-pound bar-bell while another man does a "scissors lock" on his legs. In the third picture he is standing erect and holding his friend without apparently exerting himself. Both these action pictures are very spirited, and they also serve to greatly show off his splendid depth of chest and his very unusual arm and shoulder development.

Mr. Reno's expanded chest measures 43 inches, biceps  $15\frac{1}{2}$  inches, forearm  $12\frac{1}{2}$  inches and other measurements in proportion. He weighs 152 pounds.

