

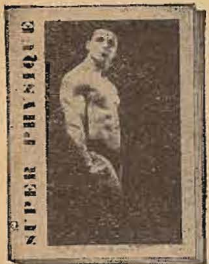
Nov. 1930

Now You, Too, May Benefit by the Methods of Siegmund Klein!

EVERY man with a manly instinct wants a strong, well proportioned, muscular body. Every man knows that with the modern restricted mode of living, he must do some training to attain such a body. These facts are evident in the great majority of the many letters I have received asking for advice on home training. Now, the same methods—the same system—the same exercises which have turned out such wonderful strong men in the Klein studios and which have made it possible for me to become the Welterweight Weight Lifting Champion of America are available to those who cannot attend my classes.

TRAIN for SHAPE STRENGTH WILL FOLLOW

I trained for shape—here is proof of my methods. This photo has been judged by experts, a masterpiece of shape, development and poise. Note the column-like neck, the full round shoulder, the shapely arm and the remarkable 'washboard' abdominals!



Entirely New . . . Simple . . . Safe

If you want this kind of development, send NOW for my new profusely illustrated book "SUPER PHYSIQUE" formerly called "Strength Victorious" which tells how you can obtain bodily perfection with a few simple exercises, a few minutes a day. This is the exact same course of training that is given in my large, well equipped sky-light studios, where you can have the benefit of my personal coaching. In either case, send NOW for the "SUPER PHYSIQUE" that explains this system in detail.

Classical Weight Lifting

Siegmund Klein shows in great detail how you can perform the marvelous feats of strong men. Learn to do them with speed, ease, and rhythm of the professionals. Includes instruction for Bar Bell, Kettle Bell, Dumb-bell, the Baltass, etc. Every physical culturist should own this book. Profusely illustrated (79 photos) for professionals and beginners. Postpaid \$1.00.

Posing for Muscular Display

Written by Siegmund Klein, winner of first place in Contest of Plastic Beauty held by "La Culture Physique," edited by Prof. Desbonnet of Paris, and winner of contests in England and America. Shows you exactly How to Pose and secure best results. Reveals all the secrets of professional posers. Lavishly illustrated with spec- posed photographs of the . . . Postpaid \$1.00



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 SUPER PHYSIQUE (10c to cover mailing cost).
 Classical Weight Lifting at \$1.00.
 Posing for Muscular Display at \$1.00.

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