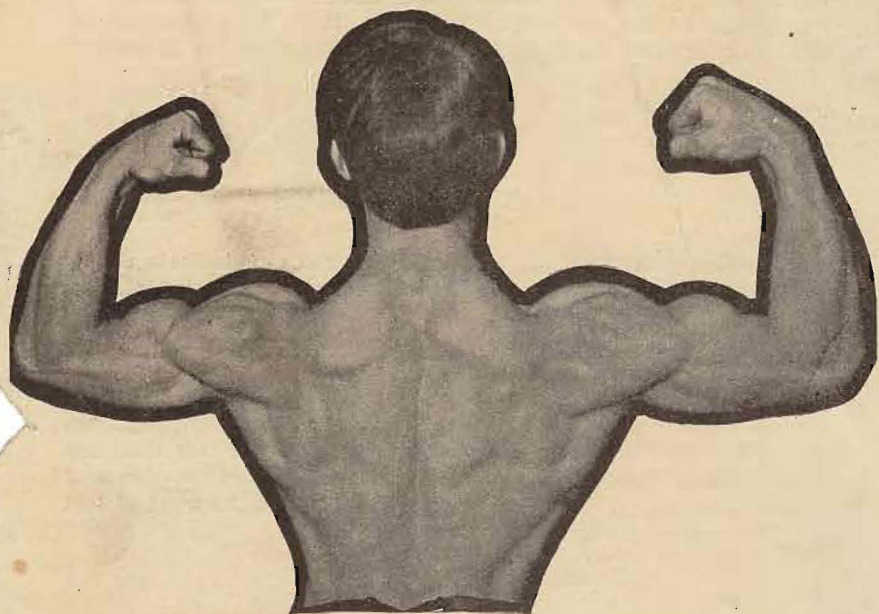


weak and the strong. The amount of exercise derived from a movement is limited, according to the strength of the individual. I have many times drilled a trained athlete with the Momentum-Inertia Exercises to such a degree that he suffered the following day from muscular soreness. On the other hand, the weakest woman, even were she to exercise excessively, would note no ill effect other than muscle soreness.



Showing the development attained by one of my pupils by means of the **Momentum-Inertia System of Exercise** (see next page). This is probably the most remarkable physique ever produced, considering the slender frame of the subject. Note the great width of the shoulders as compared to the slender waist.

Muscle Building

Momentum-Inertia Exercises are among the most efficacious for the development of massive muscles. Recently the St. Louis Globe-Democrat contained a full page illustrated article relative to the wonderful physique of a well known Y. M. C. A. instructor. In this article the instructor credited his remarkable musculature

entirely to my Momentum-Inertia system of movements. He said "My progress was rather disappointing until I began to use the **Momentum-Inertia System of Exercise**. Following this system, muscle seemed to grow on me over night."

Momentum-Inertia Exercises, by virtue of the fact that they are mostly "snappy movements," require but a very short time to be performed. A person with average endurance may, in from eight to ten minutes, execute the entire system and exercise all the important groups of muscles most vigorously. It is unquestionably the most Concentrated form of Physical Exercise thus far discovered.

Tonic Exercises

Sphygmographic Tracings (see inside back cover) indicate clearly that certain Momentum-Inertia Exercises have a remarkable effect upon the circulation of the blood and the stimulation of important nerve centers. I have termed these special movements "Tonic Exercises."

"Tonic Exercises" will, in thirty-five seconds, stimulate every important nerve center in the entire body. The **Solar, Hypogastric, and Spermatic Plexuses** are directly invigorated. In less than one minute, warm blood can be forced into the finger tips of the **most bloodless person**. I have proved scientifically that the most violent exercises cannot produce similar results.

A small section torn out of a full pack of playing cards, with the fingers, by P. von Boeckmann. This is credited as being the most difficult of all card-tearing feats.

