

# Charles Atlas®

Founder of the Fastest Health, Strength and Physique Building System

## EXERCISES FOR LESSON ONE

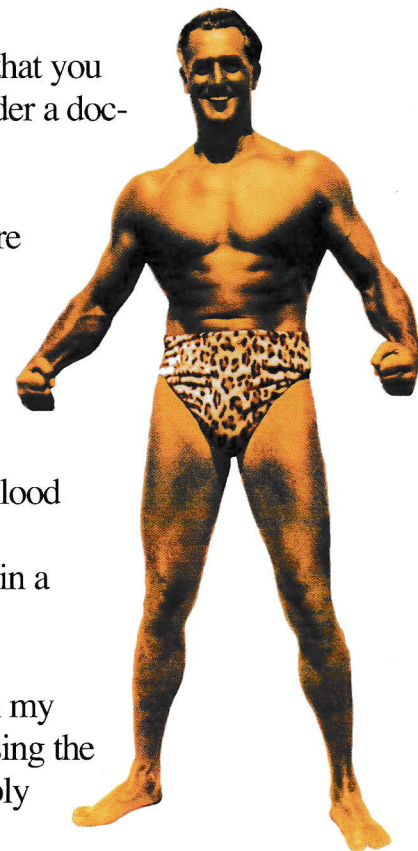
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DEAR FRIEND:

Congratulations on enrolling! I have received your application for enrollment in my DYNAMIC-TENSION® SYSTEM of health, strength and physique building. I most cordially welcome you as one of my students. I accept you because I assume that you are a normal individual with no ailment, which would prevent or limit your participation in a physical exercise program. Before beginning consult with a physician because you must honestly answer NO to all of the following questions:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor or under a doctor's care?
2. Do you feel pain in your chest when you do physical activity?
3. In the past few months, have you had chest pain when you were doing physical work?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your daily physical activity?
6. Is your doctor prescribing any medication of any nature for a blood pressure circulatory or heart condition?
7. Do you know of any other reason why you should not engage in a physical exercise program or activity?

If you are in doubt, I suggest you ask your physician before continuing with my program. The First Lesson contains the priceless discoveries I have made using the principle of DYNAMIC-TENSION to build up your chest muscles incredibly fast! Go over this Lesson carefully and begin the instructions at once. Your Course has been proven by students throughout the world to be one of the greatest methods available to build muscles rapidly and SAFELY. This is



*"The World's Most  
Perfectly Developed Man"*

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the very same method that changed me from a 97-pound weakling and has done the same for millions of other people all over the world.

I would like you to practice Lesson One throughout your entire Course. Likewise follow the valuable food information in Lesson Two all through the Course. Every two weeks I would like you to add two new lessons to Lesson One. Then drop those two Lessons and take the next two new ones. For example; Practice Lesson One for two weeks then add Lesson 2 and 3. Practice these for two weeks then drop Lesson 3 and add Lessons 4 and 5.

After two weeks drop 4 and 5, and add 6 and 7. Continue this until you finish all the Lessons. But remember to continue the exercises in Lesson 1 and the food information in Lesson 2 all through the Course. Also, remember as a rule, do all exercises 10 - 12 times (reps) or until you become tired, unless otherwise specified. Study the written instructions as much as the photos illustrating the exercises so that you are sure to be doing them correctly. **THE DESIRED RESULTS WILL SURELY COME! NOW, GET GOING ON LESSON ONE!**

Yours for Health and Strength,

*Charles Atlas*

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## LESSON 1

The truest SUCCESS is but the development of self.

In giving you my first lesson, I am assuming that you value Health and Muscular Power sufficiently to be willing to pay for it in the full legitimate price of intelligent persistent labor. You cannot get results without effort on your part. If this is your decision you are invited to follow my Dynamic-Tension methods of development indicated in this and all succeeding lessons. To succeed in the building of superb HEALTH and STRENGTH you must have POWER OF WILL, resolutely making up your mind that you WILL follow the instructions no matter what sacrifices you are obliged to make. You must be HOPEFUL, and expect the results assured you will ultimately be yours. You must have COURAGE and fear nothing. You must have absolute CONFIDENCE in this System. You must have FAITH in yourself and these methods. Then results will more than satisfy you. And you must have PERSISTENCE. Please remember that weak, spasmodic efforts will get you nowhere. Henceforth THINK Health. Make up your mind that radiant Health shall be yours, realizing the results will be worth the effort involved. Throw off any ten-



dency to unwholesome influences and keep the mind well occupied with thoughts of Health and Strength. From now on, you must resolutely curb your impulses, strengthen the good ones and positively reject those that are harmful.

The first great step necessary is the reformation of habits. Where previously you may have directed your energies in certain channels that resulted in weakness or disease you must now use this same energy in methods for rapidly building up the body so that glorious HEALTH may be yours forever. You are what you are because of your past daily habits. Day by day you must make or break your body. You either build it up or tear it down. Having enrolled, your object is to build up your HEALTH, STRENGTH and PERSONAL POWER. You must now conserve your energy for the acquisition of new and better health habits. Once they become fixed, you will experience no difficulty in retaining HEALTH and STRENGTH all through life.

To overcome your past injurious habits and develop better ones, you must bring your entire ATTENTION to the matter, you must think intently of the motives and the outcome involved and thus occupy your mind with better things, turning away from past habits toward freedom. REMEMBER, ALL EVIL HABITS MAY BE DESTROYED BY THE PERSON WHO REALLY DESIRES TO CONQUER THEM.

Therefore, your desire for Health, Strength, Increased Personal Power and Physical Magnetism must from now on, be greater than your desire to continue on in the old way.

HERE ARE THE ELEMENTS OF SUCCESS IN ALL EXERCISES  
NOTE THEM CAREFULLY.

You can make your exercises a success or a miserable failure. You can make them monotonous and irksome, or you can make them a sheer delight. It depends entirely upon your own mental attitude. You should, and I want you to, regard all your bodily activities and exercises as a pleasure. You should look forward to them as a joy to perform. The results will then be much more satisfactory and certain. Hold in the mind's eye AT ALL TIMES the Ideal of Physical Perfection. Think of yourself as possessing a Perfect Body. Realize each time you are exercising you are arriving at still greater perfection.

Regard each day's exercise as a goal in itself. Follow my instructions faithfully EVERY day, and as you string these healthy days together you will have woven a healthy and happy life. Remember step by step and the thing is done!

In all your bodily activities you are invited to put CONSCIOUS CONCENTRATED EFFORT INTO EACH MOVEMENT. Perform all your exercises with a WILL. THINK Strength into the

parts involved. THINK Power. THINK the muscles are growing larger, stronger, more beautiful, while you are exercising. Put pep and punch, vigor, vim and snap into every movement! Put life into your exercises! Don't ever perform them in a halfhearted manner. Avoid a lazy attitude. Refrain from dreaming of other things while exercising.

Do not dread them as something to be shunned or skipped through as quickly as possible. MAKE UP YOUR MIND NOW YOU ARE GOING TO PUT YOUR WHOLE HEART AND SOUL INTO EACH DIRECTED EXERCISE, AS GIVEN IN EVERY LESSON. THE DESIRED RESULTS WILL BE YOURS.

The first series of exercises will consist of those for building a solid foundation for the entire body. This Lesson will give special methods for developing a strong powerful chest and acquiring great lung power. THE EXERCISES ARE TO BE FAITHFULLY PRACTICED EVERY MORNING IMMEDIATELY ON ARISING AND BEFORE RETIRING.

This system consists chiefly of various exercises which aid in the elimination of toxins in the blood, at the same time building up the tissues, rounding them out, giving muscular power and health.

Part of the secret of Health and Longevity of life lies in getting rid of poisonous, dead, worn-out cellular tissue, which if allowed to remain would prevent the perfect functioning of the various organs. One of the methods by which this dead matter may be eliminated is by properly directed muscular exercises, such as I am giving you.

You will understand these lessons better if you will read them out loud to yourself in a private room where you will not be disturbed.

PURE AIR DEEP BREATHING. The very first essential thing to do in securing radiant HEALTH and physical STRENGTH is the DEEP BREATHING OF PURE OUTSIDE AIR. We can live without food for many weeks, without water for many days, but we can not live without air for more than a few minutes. Air is equally a food as fruits and vegetables. As it enters into the composition of the body, its value cannot be over emphasized. Yet because it is so cheap we ignore its real value. The first step required is to practice daily, FULL, DEEP LOWER BREATHING. There are some teachers who advocate blowing out the upper chest to an enormous extent, but this is both useless and injurious because as you get older you neglect the deep breathing with the result that the cavities of the lungs are unused and this forms a suitable culture medium for lung troubles and disease. What I advocate is formal deep breathing so that ALL parts of the lungs are filled to their utmost in proportion to the size of the body without straining.



The air you breathe must be PURE. See that your rooms are well ventilated. Gas, kerosene, etc. when burning in a room eats up the oxygen you need so that if you are obliged to remain in a room where these are burning, insist upon an extra supply of fresh outside air continually entering the room. Otherwise you are breathing air contaminated with carbon dioxide.

There are several reasons why I want you to practice this deep breathing daily. The air when pure is composed principally of nitrogen and oxygen. Oxygen is LIFE! The more oxygen you breathe the more health and strength you will get. This life-giving oxygen furnishes the power to pump the blood through the heart. It assists in carrying off the waste products from the myriad of tiny cells in the body, and helps to build new and stronger cells. Furthermore, it furnishes warmth to the body. As a result of continued deep breathing the lungs are developed, the chest expands, the ribs are thrown upward and outward, flat chest is overcome, and the deep breather is likely to be forever free from the symptoms of chest and lung troubles.

Do not be afraid to breathe deeply and fully at all times, especially when outdoors when away from crowds. Do not be afraid of night air. Although the night air is not laden with the sun's healthful rays, it is often purer than the air breathed during the day, because all the accumulated dust, dirt and smoke has had a chance to settle. There is no need to be afraid of mild drafts for a draft is simply air in motion, and contrary to the popular belief it is really beneficial. You should learn to welcome these cooling drafts of pure, vitalizing air as health builders. Of course a strong draft is not desirable. Practice this deep, full lower breathing every morning and night!

**D**ynamic-Tension is the name of my non-apparatus methods - the same methods that built me and my millions of pupils. Remember - Dynamic-Tension methods can help you, but only if you are willing to follow my instructions carefully.

## PROPER POSTURE

One of my first requirements in developing a MAGNETIC PERSONALITY is the assuming of a proper bodily posture while standing, walking and sitting. Nothing indicates a REAL MAN more than the way in which he holds himself. If your chest is sunken and your stomach sticking out, you cannot stand out as a man with PERSONALITY.

You are especially urged to concentrate on this and make sure that you hold yourself upright, walk with dignity but without affectation. HOLD YOUR SPINE ERECT. Keep your chin back. PUT YOUR SHOULDERS FIRMLY BACK. Make them square. HOLD your abdomen in without forcing. Breathe deeply and naturally, walk properly and avoid a slouching attitude. While sitting keep your body erect, keep your feet under your seat, and refrain from flopping down in a lazy fashion. LOOK ALIVE AT ALL TIMES. In this way you FEEL self-confident, successful.

You are able to look all the world in the face. You WILL be successful.

At frequent intervals during the day it is an excellent plan to stretch upwards with the hands above the head. Endeavor to reach the ceiling a dozen times a day. With each effort try still harder to reach higher. In this way you loosen up all the vertebrae of the spine and prevent the internal organs from sagging. Try this. After a dozen trials it becomes a habit. Then it is easy to continue it every day throughout life. It will aid you in maintaining the proper posture for better health and self-confidence.

By assuming a correct posture while sitting and standing, you help overcome constipation, prevent rupture, fill the lungs with air, and improve every vital organ. This is accomplished by the muscles and internal viscera having an opportunity to expand and allow the free, normal passage of blood to all parts of the body, which is hindered when the abdominal region is relaxed and protruding. Bear in mind at all times correct posture for Health, Strength and Personality.

#### HERE ARE MY SPECIAL EXERCISES FOR DEVELOPING A POWERFUL CHEST

Artists, Doctors, Scientists, Sculptors and Physical Culture Experts have declared that I have the largest and most perfectly developed pectoral (chest) muscles of anybody they have ever seen. The tremendous strength of my enormous shoulders and powerful arms is due to my muscular chest development. My chest measures 47 inches normal - not expanded, ten or twelve inches more than the average individual's. Do not despair! I was once known as flat chested. I came to realize the importance a great POWERFUL chest played in my search for robust health.

Today nobody wants a flat, sunken chest. It is an unmistakable evidence of lowered vitality and a lack of resistance to disease. You should strive diligently to possess a fine BIG chest for two important reasons. Firstly, because it gives unusual energy and strength to the entire body, and secondly, because it adds to the beauty of contour and symmetrical development, giving grace, poise and self-confidence. A full round chest is an indication of strength, vitality and boundless energy. It insures a strong healthy pair of lungs; a sound heart, and the promise of a long life.

#### MASTER METHODS FOR ACQUIRING GREAT INTERNAL STRENGTH.

This series of unique and very effective methods is for acquiring great internal strength and building up your chest and every muscle in your body. Follow instructions faithfully DAY BY DAY, and perform them all with CONSCIOUS effort, concentrating earnestly on what you do, and you will be more than delighted with the results. Now for the splendid special exercises I discovered, which can give you a MASSIVE and POWERFUL chest.



Be sure to take these special movements regularly EVERY DAY without fail. Perform these, and all other movements, where possible, in front of a large mirror, in loose fitted clothing. One of my secrets of acquiring an enormous chest is persistence of the dipping exercise, which should be performed as follows:

### **Exercise 1**

Place two chairs side by side about 18 inches apart. Then with a hand resisting on the seat of each chair, the body extended in a sloping position, feet on the floor, dip down as low as you can between the chairs, letting the chest down as nearly as possible to the floor. See the photographs at the end of this lesson. Go down slowly, breathing in and then come up slowly, breathing out. Bend the elbows as you go down and bring the arms straight as you come up. Continue until slightly tired. Never perform these exercises until exhausted or you do yourself more harm than good. A few times in the beginning will soon give you sufficient strength at the end of the week to double the number of times you are able to do them at first. This exercise can be performed on the floor; or with the hands on the edge of a desk; or at the side of a bed - wherever you find it most convenient. The great thing, however, is to perform them REGULARLY. YOU CANNOT GET ANYWHERE WITHOUT EFFORT. TO SECURE MUSCULAR POWER AND HEALTH YOU MUST USE DIRECTED EFFORT DAILY. BE SURE TO PRACTICE THIS EXERCISE EVERY DAY THROUGHOUT THE COURSE. IT IS HIGHLY IMPORTANT, AS IT IS LAYING THE FOUNDATION FOR OTHER FUTURE EXERCISES.

### **Exercise 2**

Here is another very potent exercise, also one of my favorites. While standing erect, throw the arms far outward and upward from the sides, in a supreme effort to reach the ceiling at both sides of the room, and slowly cross the arms downward over the chest, with the left hand stretching far to the right and downward, and the right hand to the left. Then as far as you can reach, make two or three efforts to reach further. You should allow the chest to sink inwards and exhale. Then gradually throw the arms upward and outward while filling the lungs to their utmost capacity. Do this before an open window and continue until tired.

### **Exercise 3**

With your hands placed around an imaginary rope just above the head, pull downwards, tensing the chest muscles. Keep the hands close together and pull down to the knees, keeping the body upright. Repeat about 20 times.

#### Exercise 4

Lock the middle finger of one hand with that of the other hand on a level with the waist and strain as if to pull the hands apart. Still pulling, raise both arms up high over and above the head. Make this as powerful as you can without STRAINING. Repeat till tired.

#### Exercise 5

Place your right fist in the palm of your left hand on a level with the hips. Have both hands over the left hip with the left elbow bent. Vigorously push the right hand with the left, resisting with the right. Now cross over to the right hip with the right elbow bent and push the left hand with the right, resisting with the left. Alternate and continue.

#### Exercise 6

While standing erect, hands normally at the sides, bear down the shoulders and arms at the same time contracting the chest muscles. You can do this exercise frequently during the day, at any time that you think of it.

#### Exercise 7

Maintain at all times a correct bodily posture, chest well forward, shoulders set back, chin in and down, breathing deeply and fully without straining. While sitting in a chair, grasp the seat with both hands and raise the body slightly, going up and down several times.

The FAITHFUL DAILY performance of these movements will build for you a powerful perfect chest. I DO NOT ADVISE DOING THEM ALL AT ONE TIME, but relax and wait a few moments between each exercise. Concentrate the mind on the chest muscles while performing the exercises. Say to yourself something like this: I am now building up a magnificent, powerful chest and laying a corner stone for perfect radiant Health, and I will therefore continue these exercises faithfully and persistently every day. The mind controls the body; this thought will help in your efforts to secure the ideal proportions you desire, and will keep the goal in sight at the same time giving each exercise added stimulus, pleasure and interest.

These movements should be repeated until tired only be sure to relax between each exercise. You should perform these movements faithfully each morning on arising and again before going to bed. While they, of course, bring into play many other groups of muscles their primary object is to build up the strength of the great vital organs, the foundations of the body. In what way do they



have this effect? Strength comes from use, and these powerful exercises bring into active play the Solar Plexus, The Lungs, The Bronchial Tubes, The Pulmonary Veins, The Aorta and other great Blood Vessels. While these vital centers are being energized the old tiny cells of which they are composed die off and NEW and Stronger ones take their place. In this way your body is ever kept in a state of renewal for **YOU ARE CONSTANTLY BUILDING UP A NEW BODY OF STRONG, FIRM, HEALTHY TISSUE.** Remember, your object is to **TRAIN** not **STRAIN.** Don't be too enthusiastic at the start and give it up later. Be patient, keep on practicing and you will get much better and more satisfactory results.

You will find it much more interesting if you will perform these and all other exercises in front of a large mirror. It is understood you should take these exercises while undressed, because you can better concentrate on the parts to be strengthened, it gives you added interest and most of all, it gives your skin the benefits derived from contact with the fresh air. Your skin breathes, and, if covered by clothing, especially while doing your exercise it is so much value lost.

Practice these movements carefully, without hurry. Never miss a day without performing them. **YOU CANNOT GET STRONG BY MERELY READING ABOUT IT.** I am showing you the easiest, quickest, newest and best ways to secure better health and strength, together with muscular power and beauty. **IT IS UP TO YOU TO APPLY THE METHODS YOU ARE TAUGHT.**

#### HOW TO STORE AND INCREASE MAGNETIC ENERGY

Another one of the secrets of my own success in Health, Strength, and Physical Perfection is that I pay special attention to secure sufficient, sound undisturbed sleep. Sleep is Nature's restorer. During sleep the muscles relax and rest, the organs recuperate, and the brain and nervous system gather fresh strength, storing up increased energy. This is just what you want. Remember, that two hours spent in sound sleep **BEFORE** midnight are worth four hours afterwards. Go to bed **EARLY - EVERY NIGHT.** Late hours are actually injurious. You may not notice the effects now, but the time will surely come when you will regret it. One of your principal objects in taking this Course is to increase your Energy. One of the most effective ways of doing so is by getting sufficient sound sleep nightly.

Make the habit of going to bed not later than 10:30 or 11:00 P.M. each night. Realize your health is of first consideration. Better health insures a longer life, - more time to enjoy the pleasures - real pleasures- of life. If you dissipate by keeping late hours, you're going to pay the penalty, for you cannot cheat Nature. Temporary pleasures you may now enjoy at night get you nowhere.

In truth they rob you of all the finer joys of life. There is no lasting happiness to be derived from

them. Go to bed early, even if it does seem a sacrifice. It will pay you in the end. Before you go to bed have a good wash, and thus get rid of all the day's accumulated dust and dirt and grime. This practice will also induce more sound slumber. On getting into bed, relax absolutely every part of the body. Sprawl your legs and arms out. Rest your mind and consciously relax your head, neck, shoulders, chest, arms, hands, abdomen, thighs, legs and feet. See that they become limp and lifeless. Learn to LET GO and AVOID ALL TENSED STIFFNESS. Then follow this by trying to make the mind blank. Blot out all worries, fears, anxiety, thought of business, finances and other personal affairs. Understand you go to bed to sleep, to recuperate, to rest, TO GATHER FRESH STRENGTH for the coming day, NOT to brood or worry.

Your day is done. Forget it! Before going to sleep it is helpful to hold in the mind's eye the ideal you wish to attain. Just think of yourself as being Strong, Healthy, Perfect - free from all weakness and disease and suffering. Saturate the mind with pleasant thoughts. Thank the Creator for life and health for the day just past, and call on the Universal Forces for increased energy for the new Tomorrow. During sound sleep the real mind - the subconscious mind - is working, and acts on the thoughts you think just prior to going to sleep. These thoughts have a powerful influence over the body. So you see if you take your troubles to bed to brood over, you are not going to improve your health any. That's why I strongly urge you to think thoughts of Health and Strength. Hold in the mind's eye the Ideal of Human Perfection, and day by day you will assuredly arrive nearer and nearer the goal.

Keep your sleeping room neat and tidy. Make it attractive and clean. Above all things see that your sleeping-room window is OPEN at all times and that you are breathing a free and uninterrupted supply of pure cool air. NEVER CLOSE YOUR BEDROOM WINDOW. You need pure air at night equally as much as during the day. Avoid a severe draft, a freezing atmosphere, and a hot room. Keep the temperature of your bedroom, and all other rooms as far as possible, between 50 and 70 degrees. Sleep on a fairly hard, stuffed mattress and a light pillow.

Get up immediately on awakening - providing you wake at reasonable hour. Don't dilly dally! GET UP! If you linger and hesitate you are weakening your will power, with the tendency to start the day all wrong, slouching through it with no conscious aim. As an additional exercise to strengthen your will power, I insist upon your getting up promptly on waking. It may require a big effort during the first few times, but there is consolation in knowing that with each repetition the act becomes easier.

**EVERY NIGHT INSIST UPON GOING TO SLEEP EARLY, BREATHING PURE OUTSIDE AIR, THINKING PLEASANT THOUGHTS, ARISING IMMEDIATELY ON WAKING FOR INCREASED HEALTH, STRENGTH AND PHYSICAL BEAUTY. KEEP THE GOAL IN SIGHT. PRACTICAL SUGGESTIONS FOR BUILDING MAGNETIC POWER**



I aim to make you powerful, graceful, magnetic. So, in addition to the original Dynamic Tension exercises requiring no apparatus, in addition to the full advice on diet and nutrition, proper bathing, the value of rest, and kindred suggestions, I am here offering you very valuable information to make your PERSONALITY more complete in every way. Personality today is of great importance. The man with a good personality is sought as a friend by everyone. He is the one who is given the best position and is thought of first for increases in salary.

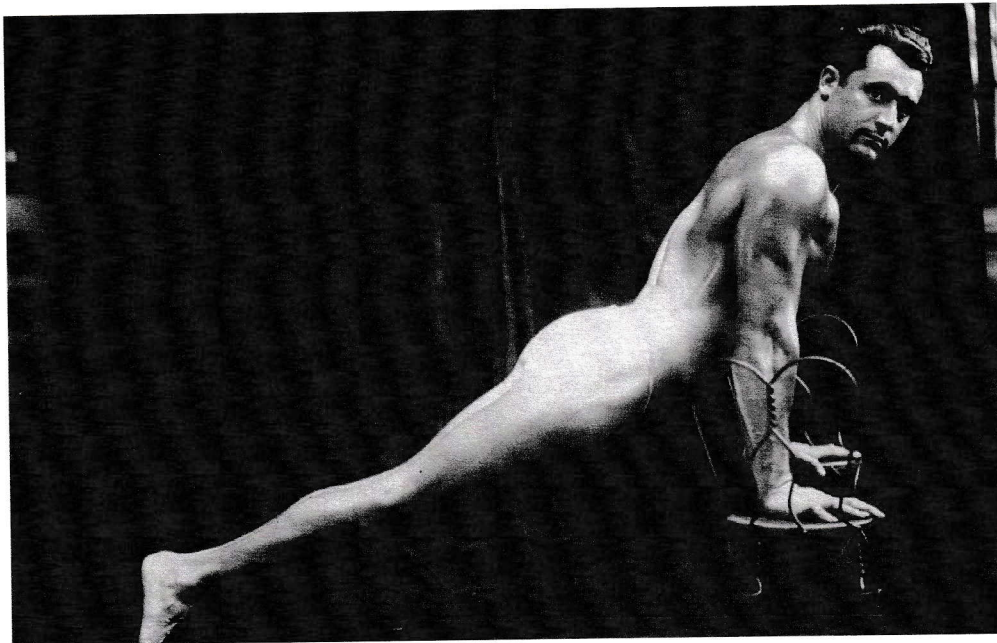
To be successful you must be persistent, and the first secret of persistence is a good start. You have started this Course because you desire HEALTH and STRENGTH. Constantly review the motives you had in taking up this System. Never work at cross-purposes. Here you are given advice to achieve the results you want. At all times, therefore, see that all your habits are now in accord with the health promoting principles of which I am advising you.

As an additional means of mental and physical uplift, I suggest that you give careful attention to your perfect grooming. Care of your clothing and small personal habits may make all the difference between failure and success. Avoid mental waste. By this I mean do not dissipate or squander your thought forces on things, which you know in your heart, are of no value. You will listen to no idle talk, keep your own counsel, listen for advice and constructive criticism, and GO STEADILY ON FROM ONE SUCCESS TO ANOTHER. You will take pains to develop your human machine - the body - to a state of perfection, until you arrive and become a MASTER OF MEN because you have learned to become MASTER of your own body. Aim to develop strength of character as well as strength of muscle. Make discipline an ally rather than an enemy.

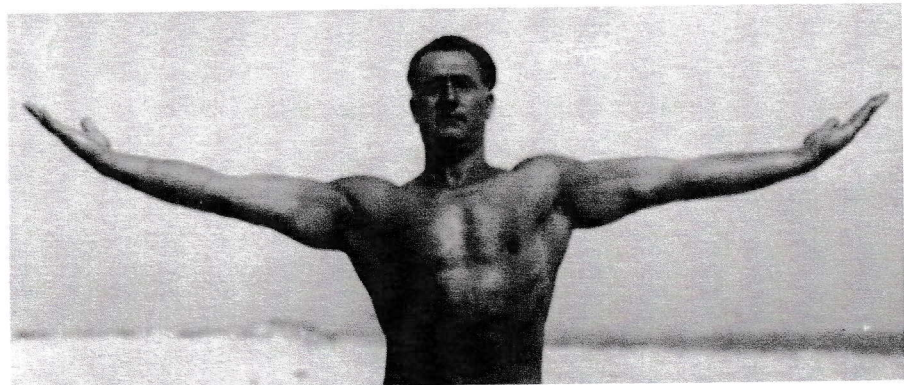
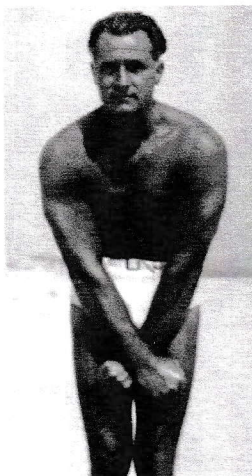
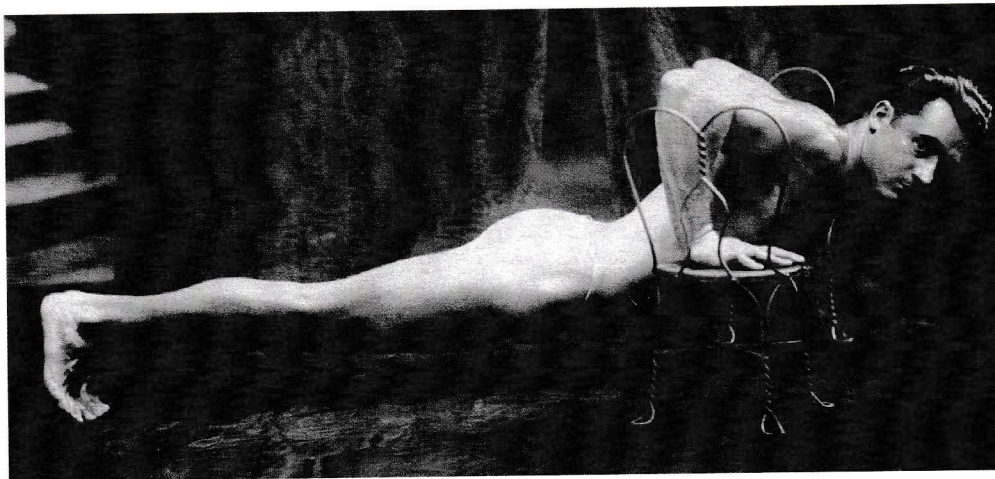
Kindly read that again. Saturate yourself with the SPIRIT of this page. Do not overlook the values of good music. Like attracts like. Music is pure and clean. Good music inspires and lifts you into higher realms. I very strongly recommend that you take what I will call a Music Bath daily. If you own a musical instrument, let its beneficial harmonies elevate and refresh your mind, body and soul. It should be as much a part of your regular day's routine as working, eating or sleeping. See that you listen to good music. Good music is to the soul what the water bath is to the body. Make it a point to hear it often. These simple instructions, if faithfully observed and followed will have a profoundly good influence on your life. Because of their simplicity do not neglect them. After all, the methods I am teaching are a natural and a better way of living, so that you may become HEALTHY, STRONG AND MAGNETIC. I have exploded the idea that to be a Strong Man you must be a rough neck PERSONALITY is also of great importance. Throughout your Course I shall be giving advice on this subject as well as Health and Strength.

Now start with your Dynamic-Tension exercises, especially the dipping exercise. Do it as many times as you can, then relax a while, and do it again. Remember I do 200 daily - See how many



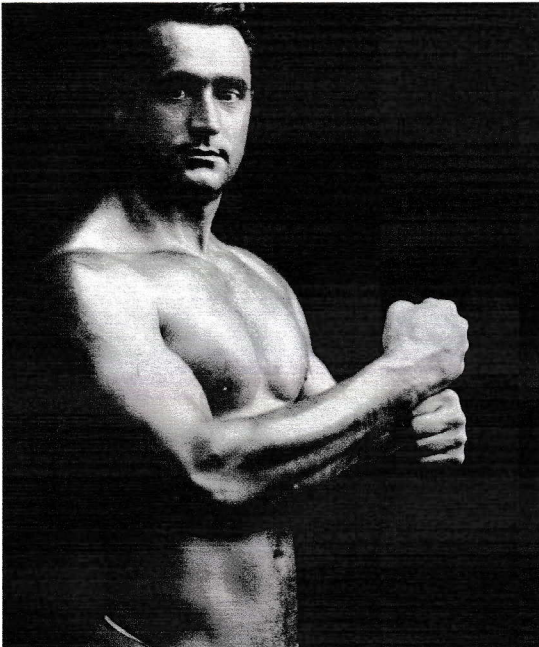


**Exercise No. 1.** Assume position as shown, between two chairs, arms rigid, then bend arms as in the next picture. Go up and down as many times as possible. Rest. Repeat exercise till thoroughly tired. Rest and continue again. This must be practiced faithfully every morning and night throughout the entire course and during life.

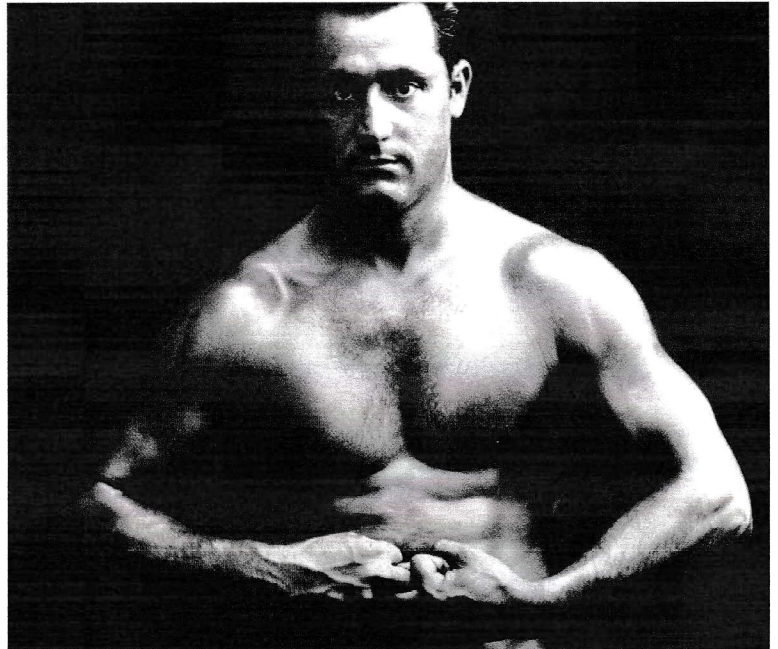


**Exercise No. 2.** A powerful deep breathing exercise. First empty lungs by crossing arms across the chest and exhaling. Now slowly inhale, fling arms outwards and upwards. Practice this before an open window and breathe deeply.

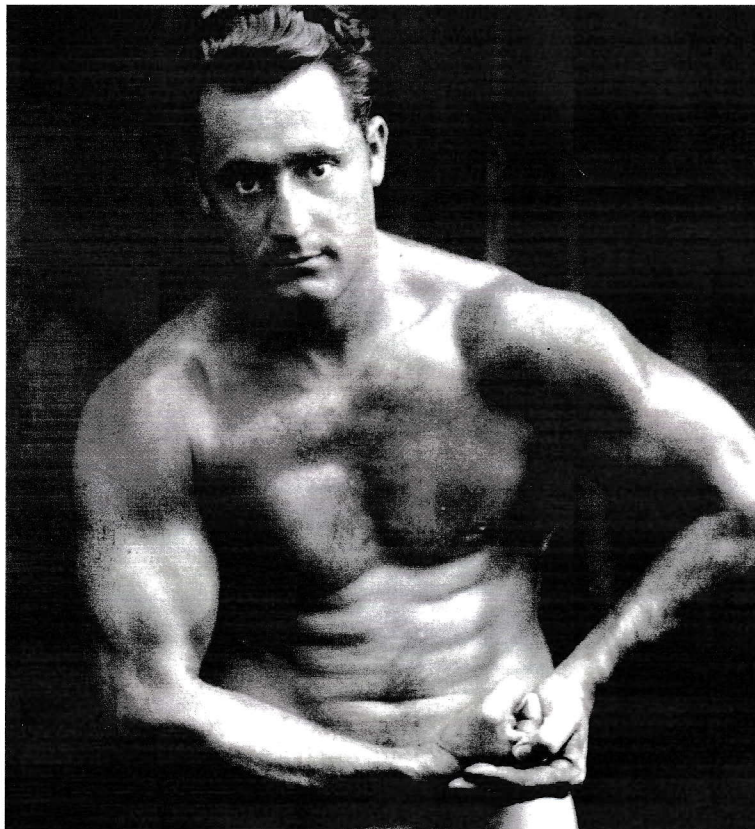




**Exercise No. 3.** Pull on an imaginary rope - as illustrated, tensing chest and shoulder muscles. Start from the level of shoulders and pull downward towards thigh.



**Exercise No. 4.** Grip fingers on both hands and pull outwards powerfully up over and back of the head. Splendid for chest, shoulders and neck. Repeat till tired.



**Exercise No. 5.** Here's an excellent chest exercise I want you to practice faithfully. As indicated, place the fist of one hand in the palm of the other and push downwards with all your power, strongly resisting with the other hand. Practice this strenuously with both hands.