



Founder of the Fastest Health, Strength and Physique Building System

EXERCISES FOR LESSON FIVE THE SPINE AND BACK MUSCLES

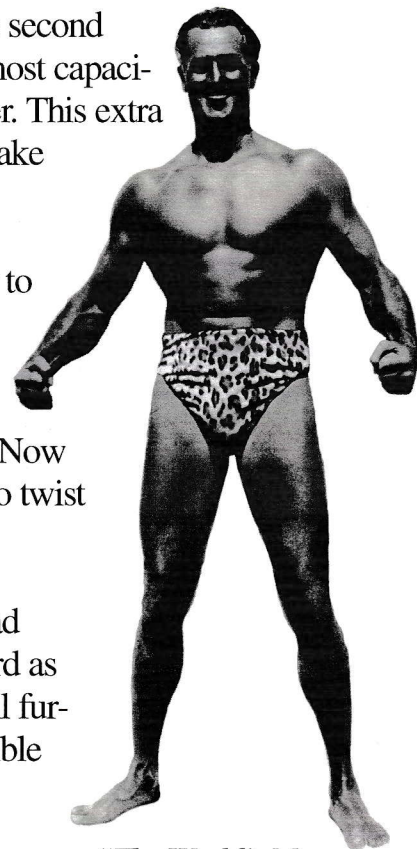
DEAR FRIEND:

We will now take some Dynamic-Tension® movements for strengthening the Spine and Muscles of the back.

IMPORTANT! The first movement of all these exercises is to be performed with all parts entirely relaxed so that all the muscles are thoroughly stretched. In the second movement, it is important that you stretch the muscles involved to their utmost capacity, and when that point is reached, make an effort to stretch them still further. This extra stretching is of special value in strengthening unused muscles. However, make sure that you do not strain.

EXERCISE 1 - While sitting on a stool or bed, twist the upper body as far to the right as possible; repeat, making an effort to go much further around. Then do this exercise, turning far to the left, and endeavor to twist further around. Continue until slightly tired. Alternate turning left and right. **DO NOT STRAIN** or jerk around in these movements. Relax! Breathe deeply. Now perform the same exercise with arms folded in front. This will enable you to twist still further, making a more vigorous and effective movement.

EXERCISE 2 - For Neck, Cervical and Upper Dorsal Spine. Bend the head downward and forward as far as possible, then slowly upward and backward as fast as possible. Perform the same movement again and stretch the neck still further forward and further backward. Make the exercises as vigorous as possible without straining or discomfort.



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

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SPECIAL EXERCISES

The kidneys are glandular organs and their strength is of prime importance and must be maintained at all times. They are part of the body's vital organs, and as such demand special attention and care. While they are deep-seated I have a number of potent exercises which are frequently found useful in strengthening these small but necessary organs.

FIRST EXERCISE: Standing with feet about ten inches apart and upper trunk bend slightly forward tap your back with the edges of the hands, starting as high up the back as possible gradually working downwards.

SECOND EXERCISE: In the same position but with clenched fists tap gently over the region of the back that you can reach with your knuckles. Each tap to be short and not severe. Repeat until slightly tired.

THIRD EXERCISE: Grasping hands at the back, twist the body as far to the left as you can, then make an effort to turn a little further to the left. Repeat the movement far to the right, endeavoring to go still further around to the right. DO NOT continue this beyond the fatigue point.

FOURTH EXERCISE: Standing at attention, with arms high above your head stretch downwards and touch the floor, keeping the knees slightly bent; come upward and bend as far backward as possible. Repeat until tired.

FIFTH EXERCISE: Standing in the same position as in the previous exercise with hands high above the head, turn the upper part of the body to the right as far as you can. Then turn as far to the left. Continue until tired. These twisting and turning movements you will discover have a direct influence on the kidneys. The pressure and percussion movements force an extra supply of fresh rich blood to the kidneys, and that is why you are to perform these movements first-and the twisting exercises later. In this way you are able to perform the latter exercises because of the previous supply of blood brought there by the pressure movements.

EXERCISES FOR THE NECK

It seems unnecessary to mention the importance the neck plays in the general scheme of physical perfection. The ox has a tremendous neck-while the animal is tugging at a heavy load, but this cannot compare with the lion whose neck is longer, more supple and slender, capable of immense power. This is the kind you wish to possess. The specially prepared exercises I am giving will give you a neck with great strength and power. But - you must practice each exercise diligently. You cannot get a splendid neck on a massive pair of shoulders by merely wishing for it. You have

to DO your exercise TODAY, each day, until you have a firm, solid neck. Now get busy; each day remember, is a step nearer the goal of perfection. While some of these exercises are very simple they are nevertheless very effective; you can, however, make them as vigorous as you desire.

EXERCISE 1 - Bend your head as far back as it will go and place your hands across your forehead. Now slowly bring your head forward and resist the movement slightly with your hands. Vary this by bringing your head SLIGHTLY to the right and then SLIGHTLY to the left resisting with your hands. Repeat several times. As your strength increases make the resistance more severe and intense.

EXERCISE 2 - This movement is similar to the preceding exercise, except that you have the head bent far forward and the hands are placed behind the head, resisting with the hands while endeavoring to force the head backwards.

EXERCISE 3 - Bend the head way over to the left, place the right hand on the side of the head and force the head to the right resisting with the hand. Now bend the head to the right side, bring slowly over to the left and resist with the left hand.

EXERCISE 4 - In this exercise turn the FACE far to the right, and resist the movement by placing the right hand on the forehead, while trying to turn to the left. Turn the FACE to the LEFT and resist by placing the left hand on the forehead and force the face to the right. These are powerful exercises for the neck.

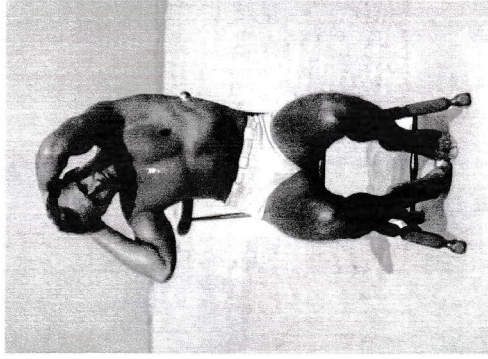
EXERCISE 5 - Turn the head far downward, slowly bend around to the right, then backward to the left and round to the front again. Make this circular motion as energetic as possible without straining. Please relax thoroughly after each of these neck exercises and gently massage the neck. Exercise this part sufficiently, but do not over do it, or you are likely to get a stiff neck. There are other movements you can take for variety if you desire, for instance while lying face down on a bed, dig the head into the mattress and rest the weight of the body on the toes and the head, raising the rest of the body. Then work the head about in various directions.

EXERCISES FOR THE FACE

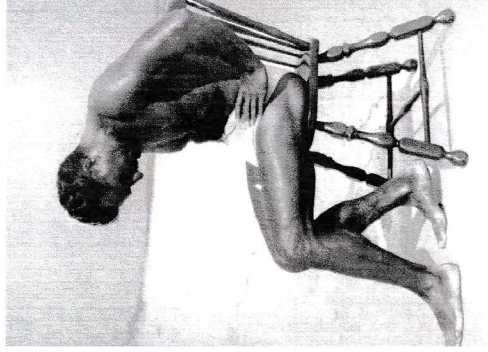
The face can be made very pleasing by a little daily painstaking care. Flabby cheeks can be reduced, wrinkles avoided or eliminated, hollow cheeks filled out, double chin can become normal - by intelligent, proper exercise. Hollow cheeks are the hardest to overcome. Indeed it is practically impossible with some types of faces, especially where the upper cheek bones are very prominent. Often people with large cheek bones have quite normal faces, but they appear somewhat hollow owing to the protruding bones. Close mouth tightly and blow out the face as full as

possible, and push the tongue into the right cheek and then into the left. Open the mouth wide as in yawning and stretch it open still wider. Screw the face up on one side and stretch the other side. Do this alternately. Get hold of the cheeks with the hands and pull them outwards and relax. Gently massage the face with the hand by pressing the flesh from the nose outwards to the ears. Bathe the face occasionally with very hot water and finish off with cold wet cloths. This freshens the face and gives a rich ruddy glow of radiant health. After this, pull the face into all manner of contortions, remembering exercise always helps toward perfection. It reduces fat cheeks and builds up hollow ones. Give the face the careful consideration it deserves.

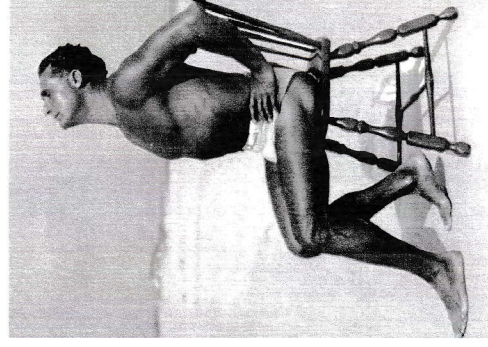
Next Lesson I shall give you the Dynamic-Tension way of getting a strong, powerful back.



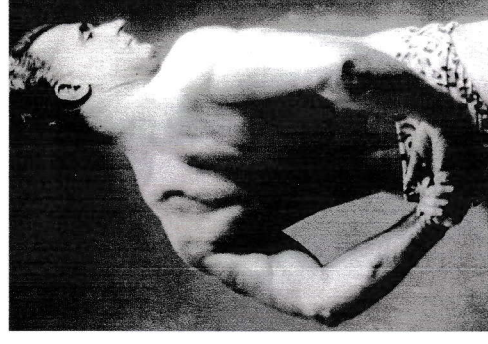
Exercise No. 1. Grasp head as shown. Bend neck to right and then to the left. When as far to right and left as you can go, make a few attempts to bend neck farther.



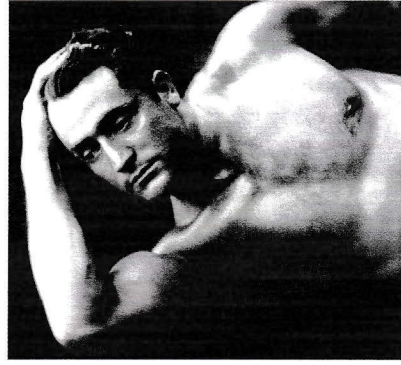
Exercise No. 2. First bend head far forward and then stretch far back. Repeat several times. Remember to exhale while bending forward and inhale when stretching backwards.



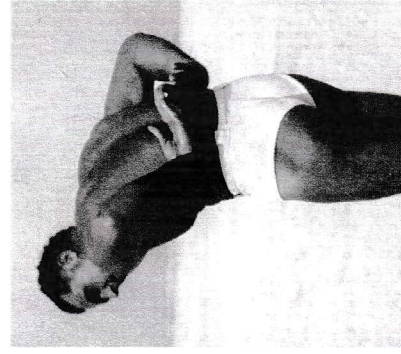
Exercise No. 3. (Kidneys) Grasp hands at back and bend upper body as far to the left and backwards as possible. Then turn to the right and bend backwards as far as you can.



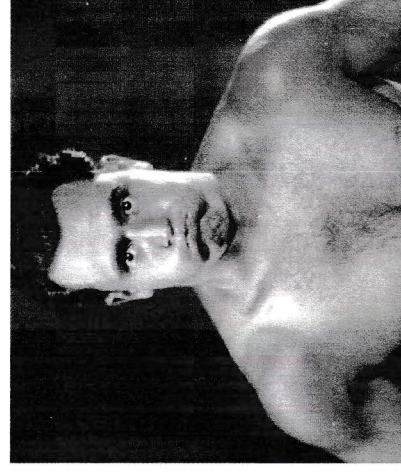
Exercise No. 1. (Neck) Place one hand on forehead and force head backwards resisting with the head. Great for quickly acquiring a thick, bull-like neck.



Exercise No. 3. (Neck) Similar to previous exercise except the head is bent to left and then to right, make sure to resist strongly with hand.



Exercise No. 1. (Kidneys) With the edges of your hands, chop the entire region of the back, as far as you can reach. A powerful but natural stimulant to liver and kidneys.



Exercises for the Face. This may look funny...but they really work for perfecting facial muscles. They merely suggest a variety of movements possible for improving the face. Since your face is practically the only part of you that others see, it is vital that you give your facial muscles the care and attention they require.

