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Founder of the Fastest Health, Strength and Physique Building System

FEATS OF STRENGTH

IMPORTANT! Do not expect to do these feats of strength the very first time you try them. A little practice is required in order to make sure that you do not strain or hurt yourself.

NO. 1 - TEARING A THICK TELEPHONE BOOK

Grasp the telephone book with both hands and bend it over one knee. Slant the pages at the same time so that when you begin to tear you are actually tearing only one page at a time. After tearing all the pages then grasp each half across your chest and tear apart. Use the same idea in tearing a deck of cards.

NO. 2 - BENDING A SIXTY PENNY- WEIGHT NAIL

Wrap a handkerchief very fully around each end of the nail, making sure that the ends do not protrude and injure your hands. Grasp one end in each hand keeping them close to your chest and then start to bend the nail with your hands pushing with your shoulders at the same time. After you have bent the nail a little more than half way, interlock your fingers of both hands putting the nail in the center and squeeze it so that it is completely bent making the ends touch. In this trick speed is of great importance. Once you start bending the nail you should continue to bend it.

NO. 3- DRIVING A 3 1/2 INCH NAIL INTO TWO PIECES OF 1 INCH PINE WOOD

Place a 1 inch thick piece of wood across the back of two chairs so that when you drive the nail through the wood it will not damage anything. Then, wrap a cloth such, as a large handkerchief, carefully around the head of the nail so that it won't hurt the palm of your hand during the blow. Holding the nail point down give it a hard blow straight down on the wood. If the head of the nail is carefully wrapped you will find that you can give a real heavy drive without feeling any of the shock in your hand. The nail should come out through the wood perfectly straight. At first try a 1 inch piece of wood then the two pieces.

NO. 4- BENDING A STEEL BAR 5 OR 6 FEET LONG AND 1/2 INCH THICK

Take a raw steel bar and place a piece of cloth around the center. Then put the bar in your mouth and hold tightly with your back teeth around the cloth. Balance the bar with your arms and have one light weight man on each side pull downwards on the bar. Be sure to balance the bar so as to avoid injury to your jaw. In this manner you will be merely balancing the bar and the men will be actually bending the bar. Be very careful not to damage your teeth.

NO. 5 - PULLING AN AUTOMOBILE WITH YOUR NECK

Put a leather strap around your neck and attach to rope which is tied to the front axle of the car. Then slowly pull backwards while facing the car, making sure that the strap around the back of your neck will not slip. By tensing your back, shoulder and neck muscles, you will be amazed how easily you can pull a car.

NO. 6 - LIFTING A CAR BY THE REAR BUMPER

This trick is performed by grasping the rear bumper while your back is towards the car. Start with your knees bent and then straighten up. The rear of a car is much easier to lift, due to the fact that the motor is in the front while comparatively very little weight is in the rear of the car.

NO. 7 - LIFTING A MAN HEAVIER THAN YOURSELF

Facing the man grasp his right bicep with your left hand, place your right hand inside of his right thigh. Then have him lean towards you in a rigid position and then lift him up, straightening your elbow as you lift. If this trick is done correctly it is very easy to lift a man of considerable weight. It is important that the man you are lifting keeps his body rigid.

NO. 8 - ONE HAND LIFT

Standing in back of a man, place your right hand in the middle of his lower back. Both of his hands are to be on your wrist and with your left hand holding his left ankle. The man is to give a jump upwards and backwards and you are to straighten your arm, and at the same time straighten your legs. Thus with your arm straight overhead, the man will actually be sitting on your hand.

NO. 9 - LIFTING A PONY

Place a good harness, that will not slip, around the stomach of the pony. Attach a loop on the harness on one side of the pony. With your back to the pony place your right arm through the loop and you will be amazed to find how easily you can lift the pony on your back.

NO. 10 - HOLDING TWO CARS EACH GOING IN THE OPPOSITE DIRECTIONS

Attach a leather strap to the rear of two small cars. Arrange the cars with the backs to each other. Then stand between them with one on each side of you. Attach the leather straps from the cars to your arms. Interlock your hands and get a good footing. Then have the cars slowly start together in opposite directions. By keeping your hands tightly interlocked the cars will actually be pulling against each other and you will apparently be holding back both of them. Great care must be exercised lest you hurt yourself by the cars starting too fast, or by one starting too soon.

CONCLUSION

Before attempting to perform these feats you should be sure of your strength and accuracy in handling these tricks. **Also be careful not to over-exert or strain yourself.**