



Founder of the Fastest Health, Strength and Physique Building System

EXERCISES FOR LESSON NINE THE UPPER ARMS

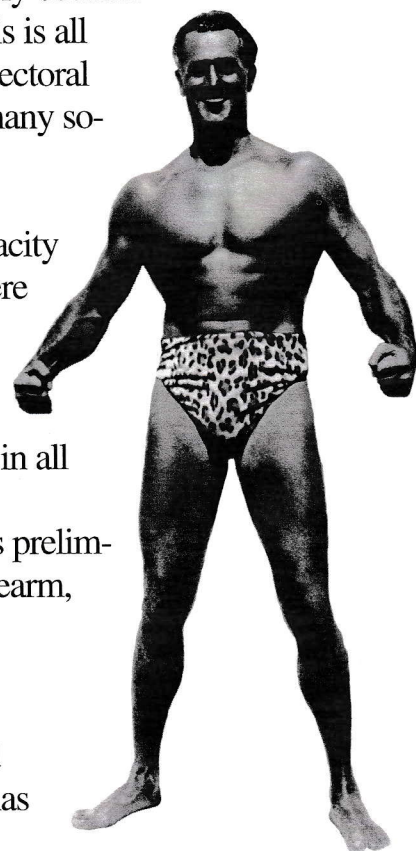
DEAR FRIEND:

By now you are pretty far on the road to Perfect Health and Strength. But don't start to take things easy. There are other important parts of your body to work on.

The first muscle everybody loves to display is the bicep, (upper arm) possibly because many instructors first object is to get their students to develop the bicep. This is all wrong. What is the use of an enormous bloated bicep if the shoulders and pectoral muscles of the chest are not strong and powerful? Yet this is exactly what many so-called physical experts are requesting their pupils to do!

You will remember the first Lesson consisted of strengthening the lung capacity so that you could absorb more life and vitality-giving oxygen. Then you were asked to perform various exercises for developing a powerful chest. These were followed by special movements insuring broad, massive shoulders. Now when I give you exercises for the upper arm you have something definite to work on. It is true the arm has already had considerable exercise in all the foregoing Lessons, and it will be to a certain extent greatly benefited by this preliminary work. When you come to the exercises for developing a muscular forearm, and a wrist with a grip like steel you will have had those exercises to prepare you for that work.

In the upper arm there are two IMPORTANT muscles, the bicep, so named because it has two heads; and the tricep, situated at the side and back, and has three heads. The latter muscle is used in punching, striking and landing hard blows, while the bicep is used in flexing, pulling and tugging. The



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exer-

cises here are planned so that the tricep will get the same amount of exercise as the bicep. Because you are not so familiar with the tricep, do not neglect it. There are smaller muscles in the upper arm, but they are not so readily noted, and providing you give the bicep and tricep sufficient exercise you can be sure that the muscles of minor importance are receiving their full quota of work.

Before beginning these movements take accurate measurements of the bicep contracted, and then observe your monthly improvement. As in all the other exercises you do, practice this wearing just shorts, and perform all your exercises, if you can, in front of a large clear mirror. Try and place the mirror on the same side of the wall as the window so that the reflection is encouraging. When you perform your exercises at night arrange, if possible, to stand directly under a good light, and watch the reflection in the mirror. By this simple plan you can inspire yourself with fresh zeal each new day. This little hint means a great deal in your progress.

Kindly observe this suggestion: Put plenty of snap and pep into these movements! You can gain no benefit by going through them in a perfunctory manner. You must concentrate your whole attention on their perfection. Put your mind into the exercise. I am obliged to keep on drilling this important fact well into your mind; I repeat it so often because I want you to DO it.

EXERCISE 1 - Grasp the right wrist with the left hand, and force the right wrist towards the shoulder, resisting smartly by the left hand. Practice this with the left arm the same way. Repeat by alternating with both arms. This is for the biceps.

EXERCISE 2 - With the right arm down at the side and slightly to the rear, place the left hand in the right palm from behind and bring up the right hand towards the shoulder, resisting with the left hand. This is one of the most powerful exercises for developing the biceps. Practice it so that the left arm gets its full share of work. Repeat until tired.

EXERCISE 3 - Grasp the hands together in front, and grip tightly, slowly bringing the right hand as high as you can to the shoulder. This will be resisted by the left hand. Try this also by placing the left hand over the back of the right hand. Practice this with both arms, continuing until tired.

EXERCISE 4 - With the upper arm close to the side and the forearm across the chest, place the left hand over the back of the right wrist, and slowly force the right forearm outward, and upward, keeping the upper arm quite stationary. This develops the side muscles in the upper arm. Give the left arm an equal amount of exercise. Repeat until tired. DO NOT STRAIN.

EXERCISE 5 - In this exercise have the right hand against the right shoulder, interlock the fingers

of both hands and resist with the left while pushing the right arm outwards and downwards. A splendid exercise for developing the triceps. Try it with the left arm, too. Continue until fatigued.

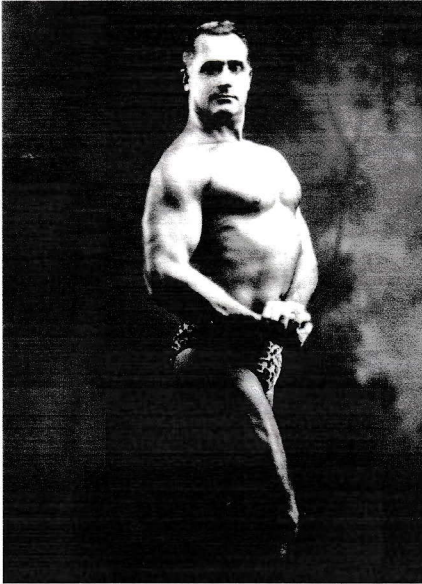
EXERCISE 6 - Clench your fists tightly and bend and stretch the forearms, thus contracting the biceps (the front upper arm muscle), and relaxing the triceps (the back upper arm muscle); then contract the triceps while relaxing the biceps. Repeat many times.

EXERCISE 7 - Allow the arm to hang perfectly limp, now vigorously tense the tricep muscle of the upper arm. Compel it to stand out in bold relief. Make it feel hard and solid, by directing the mind into it. Relax, now shake the arm so that it is entirely limp again. While the tricep is tensed, relax the hand muscles. Perform this with one at a time.

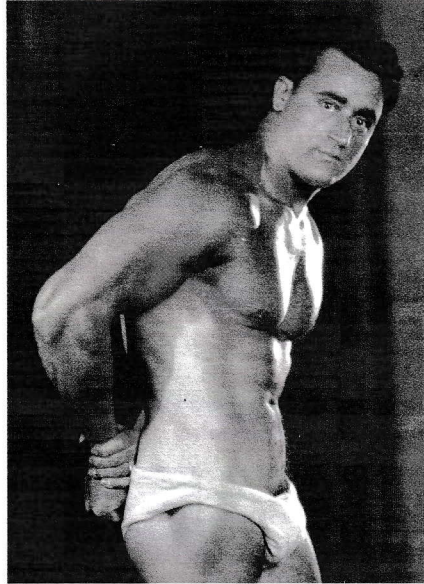
EXERCISE 8 - Another Dynamic-Tension® exercise for the biceps: - Bring the hand in close proximity to the shoulder, relax the hand and tense the biceps as much as you can, making it appear very firm and hard. Relax entirely and gently massage the arm and shake out all stiffness. These powerful exercises will surely build enormous arm muscles if you will put plenty of pep into them and carry them out faithfully day by day. Manual work exhausts the body. These exercises tire you for a few moments but give you increased strength and development. So do not hesitate to put plenty of powerful resistance and energy into every movement. The results will begin to show within a few days if you are really conscientious in your efforts. You will be surprised at your progress.

Yours for HEALTH and STRENGTH,

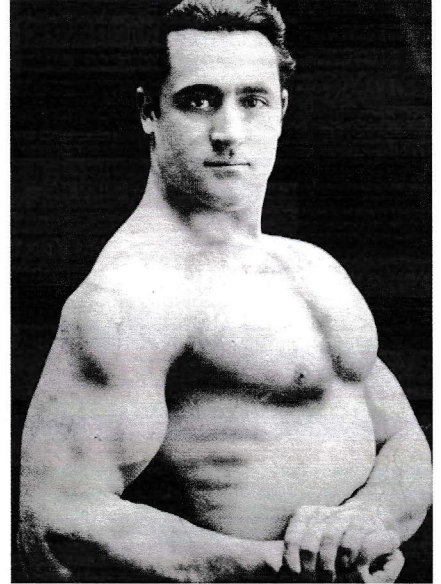
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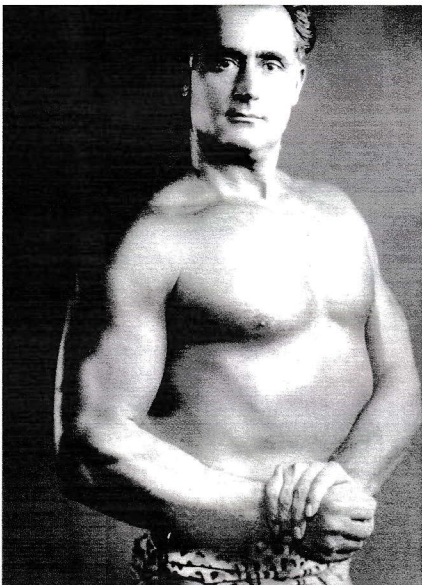
Exercise 1 - Grasp right wrist and force arm to shoulder, resisting powerfully with left hand. It is the best exercise for quickly developing big, bulging biceps. Be sure to see both arms get equal work. Practice in odd moments during the day.



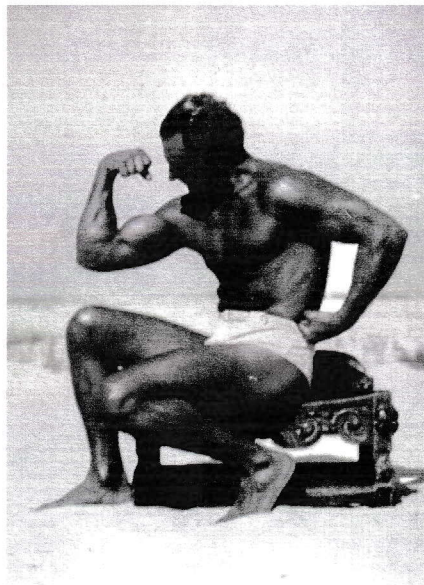
Exercise No. 2 - With left hand, grasp right wrist from behind and force hand towards shoulder. Results come by actually doing these exercises. Do them with conscious effort day after day, and week after week.



Exercise No. 3 - From position shown, force right hand downwards while resisting strongly. An ideal exercise for triceps and all the muscles of the upper arm. Work with both your arms.



Exercise No. 4 - Grasp right wrist, with arm close to chest. Then force arm outwards and upwards using strong resistance with other hand. See that both arms get full workout. Practice during spare moments.



Exercise No. 5 - Practice tensing by contracting and relaxing the bicep...the same with the triceps (back of the arm). Afterwards, be sure to massage the muscles with upward strokes.

All the other exercises in this Lesson are very simple and clear and need no illustrations. Results are gained by doing these proven exercises repeatedly. Work faithfully and you'll be delighted with your efforts.