



Founder of the Fastest Health, Strength and Physique Building System

## EXERCISES FOR LESSON FOUR SPECIAL ABDOMINAL EXERCISES

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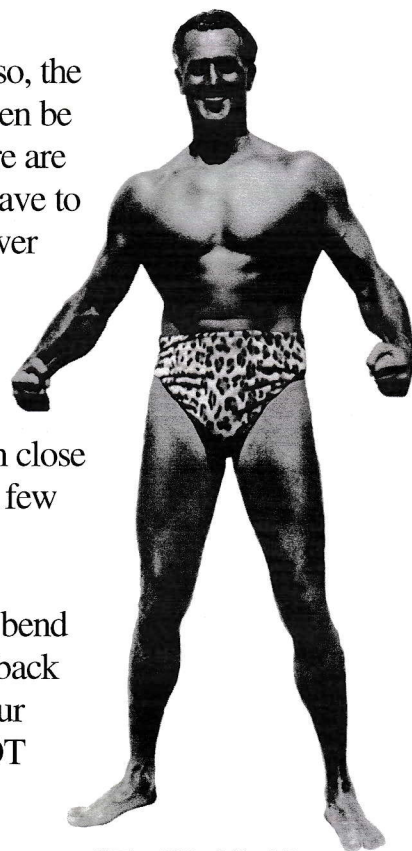
DEAR FRIEND:

The importance of a strong abdomen can not be ignored or overlooked. It means an aid to the function of the digestive system, a powerful stomach, the relief and prevention of common constipation, due to lack of exercise. It is all very well to have strong arms and a grip of steel, but of what use are these unless the abdominal area is in perfect condition?

Here is located the power house for manufacturing good, rich blood, and also, the main sewer of the body which must be kept working normally. This can often be accomplished by proper systematic exercise. The movements suggested here are very simple, but at the same time very powerful and effective. You do not have to wait long to see the results both in improved health and in the muscular power you will gain from these exercises. The abdominal muscles will stand out firmly like a wash board. So, let's DO the exercises!

**EXERCISE 1** - While lying flat, in loose or breathable clothing, raise the feet, together, as high as possible, bring them well over, so that they come in close proximity to the head. Then allow them to go slowly forward. Repeat this a few times, taking care to relax a moment between each regularly.

**EXERCISE 2** - Lie flat on the back, crossing arms across chest, sit up and bend forward. Come up approximately 12 inches, while keeping head, neck and back perfectly straight. As you increase your strength in this movement, place your hands on the sides of your head. Repeat each movement until tired. **DO NOT STRAIN.** These exercises are very effective, if practiced regularly. \*Note: Advanced students may place hands behind head without clasping fingers as in photo illustrated.



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Perfectly Developed Man"*

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**EXERCISE 3** - Lie flat on the back, raise the feet as high as possible, spread the legs as wide as you can, then close and cross over each other as far as possible, making 2 or 3 efforts to go still further.

**EXERCISE 4** - Grasp hands firmly on arms of a chair. Bring feet to a position shown in illustration then bend elbows allowing body to slowly sink, and lift your body by straightening your arms. This is a difficult exercise, but a little faithful practice will enable you to do it many times. Study the picture and note the muscles brought into play during the exercise.

**EXERCISE 5** - Here is a great exercise for the hips. While standing, with arms outstretched at the sides, bend far downward to the right, come slowly back to an upright position and bend down far to the left. Now vary the movement by swinging the body in a half circle while bending to the left and then to the right. Continue until tired. This exercise is not illustrated.

**EXERCISE 6** - With your back towards the floor, bridge your body from a chair to the floor as shown in the illustration. Now permit your body to sink slowly; then come up. Do this several times. Do it slowly and carefully, and do not strain. This is an all around stimulating movement for the abdomen and hips.

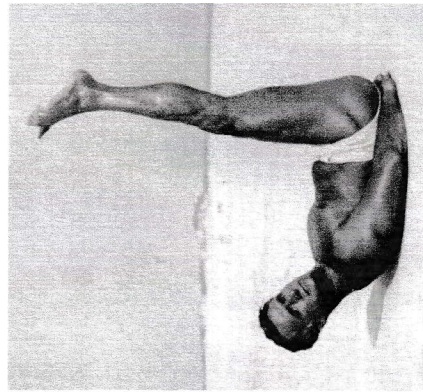
**EXERCISE 7** - While standing, tense the muscles of the abdomen, press the open palms on it, and rub firmly back and forth over the entire region of the abdomen. Do not allow the hands to slip, or there will be no benefit. Relax after a few moments and take this exercise: - Tense the muscles of the abdomen and with clenched fists, gently tap the abdomen, going over all parts. This forces a fresh supply of rich, red blood to come to the muscles, which feeds them with new oxygen and lifeblood. Do this for about 45 - 60 seconds.

**EXERCISE 8** - Sit on a stool or side of a chair, which should be placed about two feet from the edge of the bed. Place the feet under the bed then bend your body as far back as it will go, and come slowly forward to a sitting position. Keep the hands clasped on back of the neck. This is a very vigorous exercise which you must not do too often in the beginning. Relax a while between each attempt. Always remember to breathe deeply between each exercise. This exercise is not on the sheet of illustrations.

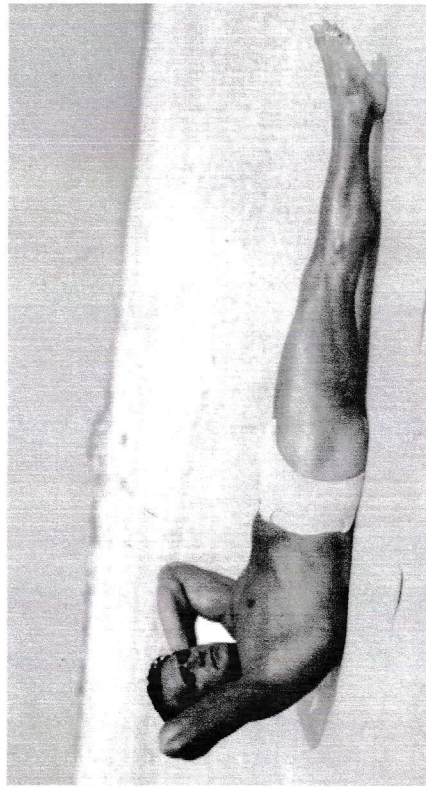
**EXERCISE 9** - Stand on the toes, bend the knees forward and lower your body, extend your arms backwards between the legs and touching the floor with your hands. Be sure to BEND the knees thus tensing the abdominal muscles. This is a very good movement, giving remarkable results.

While sitting, crouch down and vigorously tense all the abdominal muscles; then make a further effort to tense them still more. Relax entirely and sit up straight. Repeat a few times. This movement can be practiced any odd moment. It is an excellent exercise. These exercises can be performed in the morning immediately on waking and at night before retiring. **CONCENTRATE** your mind on the region involved throughout all the movements. Throw intelligent effort into every exercise. Make them snappy.





**Exercise No. 1.** While lying on back, hands at side, bring feet upward and way over head. Powerful movement for making abdominal region strong and muscular. Repeat exercise till tired



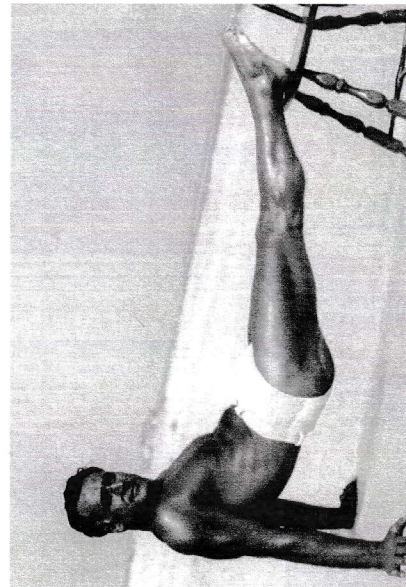
**Exercise No. 2.** This time raise upper trunk, bring head over so that it touches the knees. Aim to do this at least 75 to 100 times daily without straining.



**Exercise No. 3.** Lie on your back, raise feet, spread them out as far as possible. Now close, cross over each other, continue, relax and repeat several times. These are wonderful exercises. Please don't neglect them.



**Exercise No. 4.** Grasp hands firmly on arms of a chair. Bring feet to position shown, then bend elbows, allowing body to slowly sink, then straighten arms. This is a difficult exercise, but a little practice will enable you to do it many times.



**Exercise No. 5.** From position indicated, permit the back to touch the floor, then raise the body to the level of the chair. A most effective exercise.



**Exercise No. 7.** Tense the abdomen and then strike it all over with the fists, gently of course.  
DO NOT DO THIS UNTIL AT LEAST THREE HOURS AFTER EATING.



**Exercise No. 9.** Stand on toes, with feet about 20 inches apart. Bend knees and lower body. Extend arms between legs and touch floor. Reach as far back as possible, tensing abdominals. Continue forcing hands further backward, always tensing abdomen. Try several times - relax and repeat.