



Founder of the Fastest Health, Strength and Physique Building System

## EXERCISES FOR LESSON EIGHT SHOULDERS; THIGHS AND LEGS

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DEAR FRIEND:

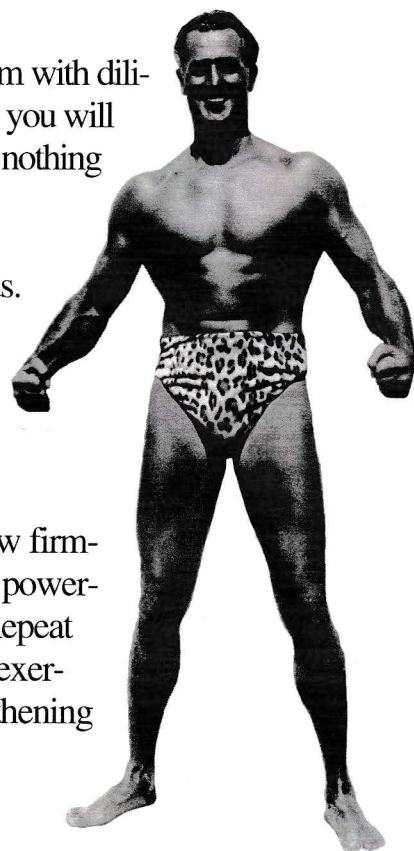
Whenever I think of the shoulders I always associate them with massiveness and great strength. I use the expressive term - broad powerful shoulders - as an indication of one of the dominating parts of the body. And yet how few of us have shoulders that we are proud of! The exercises fully described here will soon give you a coat of muscles of unusual POWER.

You must put energy and strong resistance into all the motions, performing them with diligence and regularity. With continued daily practice it is surprising how quickly you will note the remarkable increase in size and power the shoulders will develop. Let nothing discourage you from doing all you can to make your shoulders more massive.

**EXERCISE 1** - Allow your right arm to hang at the side slightly backwards. Now grasp the elbow from the back by the left hand, and endeavor to pull the right hand far forward, resisting very strongly with the left hand, relaxing between each effort. This movement greatly strengthens and develops the front part of the shoulders. Practice it regularly.

**EXERCISE 2** - Bring your right elbow across the chest and grasp the elbow firmly with the left hand, force the right arm slowly downwards and backwards powerfully resisting with the left hand. Grasp the left elbow with the right hand. Repeat until thoroughly tired. Take care to give both shoulders an equal amount of exercise so as to acquire a symmetrical development. This exercise is for strengthening the back part of the shoulders.

**EXERCISE 3** - Place your right arm downward and slightly backward and grasp the right WRIST with the left hand in back of you. Raise the



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right shoulder as high and as slowly as possible resisting with strenuous power from the left hand. Continue with the left shoulder in like manner resisting with the right hand. Make each attempt as energetic as you possibly can without straining. Remember you must USE power to make power. Don't be afraid to put plenty of pep into this as well as all movements. This strengthens the center of the shoulders.

**EXERCISE 4** - Grasp the right hand with the left hand in front, gradually force the right arm outward and upward, resisting strongly with the left hand. Practice this an equal number of times with the left hand by resisting with the right hand. Continue until good and tired but do not become exhausted. By faithfully exercising in this way you develop speedily the outer muscles of the shoulder.

There are several other exercises you can take for increasing the development of the shoulders, such as swinging the arms in an outward circular motion, throwing the arms outward and backward as far as you can. Another simple but very good exercise is tensing the shoulders. Vigorously tense the shoulders and direct the mind into it (you should do this in all exercises) and then relax. See that both shoulders get their full share of work in this tensing. Of course the dipping exercises given in a former lesson will supply considerable exercise to the shoulders.

If you would be successful in business you must be industrious; likewise in your exercises. It requires unwavering attention, great concentration and willpower to persistently continue these movements, and, if you are faithful in this, you are sure to be successful. You are making excellent progress so far, keep up the splendid work. Keep the goal of human perfection constantly in sight

and success will crown your efforts by HEALTH and muscular power. It's well worth the little sacrifice you are obliged to make.

## PART II: EXERCISES FOR THE THIGHS AND LEGS

**EXERCISE 1** - To develop both your thighs and calves you should walk at least three miles every day. At frequent intervals during the walk, please be sure to force the legs as far backwards and as far forwards as possible. The object being to give the thigh muscles (and calves also) plenty of good stiff exercise. Ordinary mild walking is not sufficient to bring out any pronounced muscular display. The muscles have to be stretched, tensed and fully relaxed before any improvement can be seen. You see many runners and long distance walkers with more or less thin legs and thighs. Running and walking are excellent exercises because they compel you to be outdoors breathing the pure air, but they do not give muscular development as do the properly directed exercises outlined in this lesson. Therefore, kindly remember to tense the muscles in your thighs and calves at frequent intervals while out walking or running. Make this an everyday exercise



without fail.

**EXERCISE 2** - A familiar one, quite popular, and very effective. Stand erect, heels together, toes apart, raise high on toes, now lower the body bending the knees, keeping on the toes. Go as slow as you can. If necessary hold on to something (like the back of a chair) with your hand until you have learned to control your balance. Vary this exercise by doing it very quickly about fifteen times. Rest. Relax and repeat doing it reasonably slow.

**EXERCISE 3** - Squat down sitting in tailor fashion (legs crossed under you). Make an attempt to rise and stand erect. You do this by sitting on the floor, legs crossed, head bent low against the knees, hands behind the back. Now try and get up. For the first few times try this exercise with your arms outstretched to balance yourself. This is excellent for your thighs.

**EXERCISE 4** - Assume the squatting position, sitting on the heels, with the knees wide apart. Grasp the knees with the hands just *INSIDE* and try to bring the knees together resisting strongly by pushing the hands outward. Continue until tired.

**EXERCISE 5** - While in the same position as the preceding movements except that the knees are together instead of apart, place the hands on the *OUTSIDE* of the knees making an effort to spread apart the knees and resisting with the hands. Practice this a number of times.

**EXERCISE 6** - Stand erect, bend the right leg at the knee as far back and as high as you can. Now vigorously tense the muscles of the thigh while bending the toes downwards. See that you do not get cramped in this or any of the thigh exercises. If you do, stand immediately on both legs and bear down, briskly massaging the legs and thighs upwards.

**EXERCISE 7** - Stand erect, bend the left leg far forward and stretch the right leg far backward, then stretch both legs still further apart. The left leg is to be bent at the knee while the right leg is kept quite straight. Alternate between left and right legs.

**EXERCISE 8** - Raise one foot high from the floor and make it perform a complete half circular motion. Keep it as high up as you can while the thigh muscles are tensed. Practice faithfully with both feet. Hold on to something at first until you learn to keep your balance. The body should be erect all the time and do not lean over in any direction. Watch yourself in a mirror until you are able to do it with perfect ease. The majority of the exercises for the thigh will aid in giving you strength, grace and perfect balance. The triple purpose they serve makes it important that you **PERFORM THEM WITH REGULARITY.**

**EXERCISE 9** - Practice kicking with one foot as high as you can. Make a small mark on your bedroom wall when you first begin this exercise noting how high you can kick. Try and make it

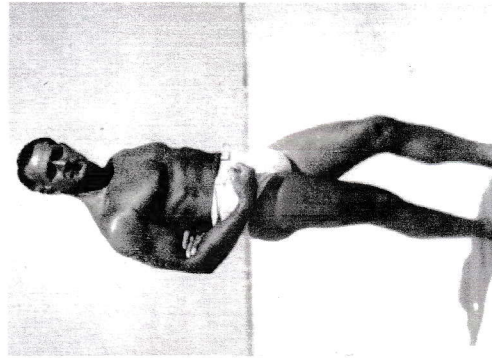
higher each day. Do this exercise also kicking backwards but do not lean the body too far forward. Try it kicking outwards and note your improvement. Practice with both legs.

SPECIAL NOTE: All exercises for the thigh and abdomen are also very valuable for strengthening internal organs, giving them remarkable power and vitality. These exercises constitute the natural preventative for rupture and the possibility of hernia by strengthening all muscles, ligaments, cords and tendons in the lower abdominal regions.

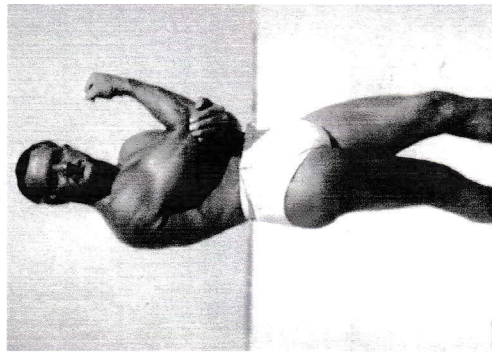
Yours for HEALTH and STRENGTH,

*Charles Atlas*

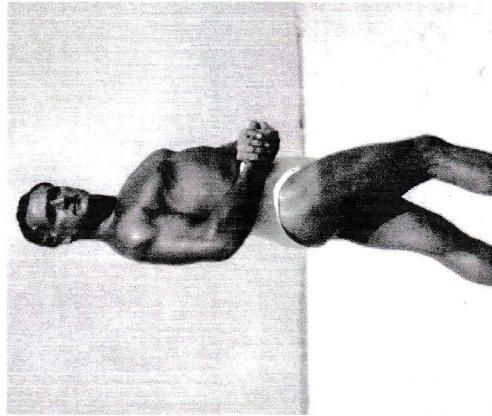




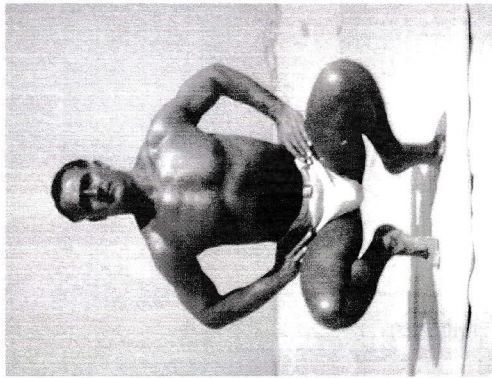
**Exercise No. 1.** Grasp right elbow from behind with left hand and force the shoulder forward with left hand. Be sure to practice this for BOTH shoulders.



**Exercise No. 2.** Grasp right elbow in front and force elbow downwards and backwards, resisting with other hand.



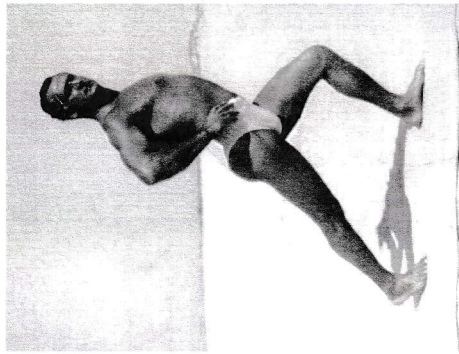
**Exercise No. 4.** A valuable exercise for shoulders. Hold wrist of one hand and force arms towards shoulders. Do this while resisting with other hand. Practice this for both shoulders until tired - do it in odd moments during the day.



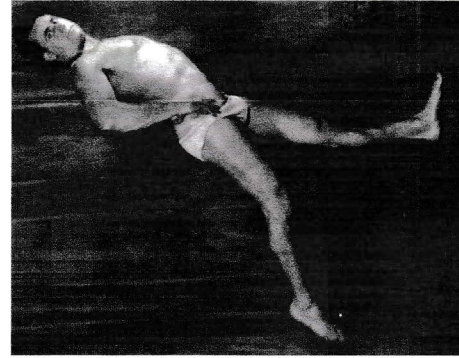
**Exercise No. 2. (Thighs)** Perform this squatting exercise - supporting yourself with hands holding knees as shown. Marvelous for thighs and great for calves. To get quick results, this should be practiced at least 100 times daily, doing as many as possible, rest, relax, repeat.



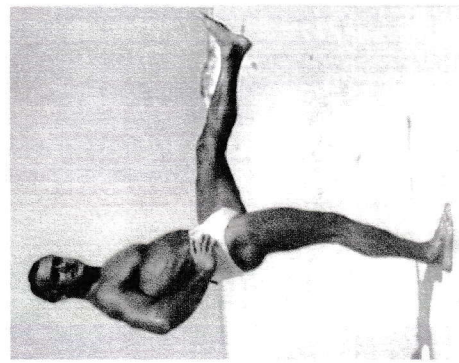
**Exercise No. 6. (Thighs)** For back muscles of the thigh, bend the leg far backwards and upwards, tensing the muscles of the thigh and leg. Practice with both feet.



**Exercise No. 7. (Thighs)** As shown, bend left knee, thrust body forward with right foot far backwards. Repeat this "lunge" with both feet.



**Exercise No. 8.** Stand on one foot, hands on hips, and raise other foot and make a complete half-circular movement and repeat several times alternately with both legs.



**Exercise No. 9. (Thighs)** Stand on one foot, hands on hips, raise the other foot and make a complete half circular movement and repeat several times, alternately with both legs.