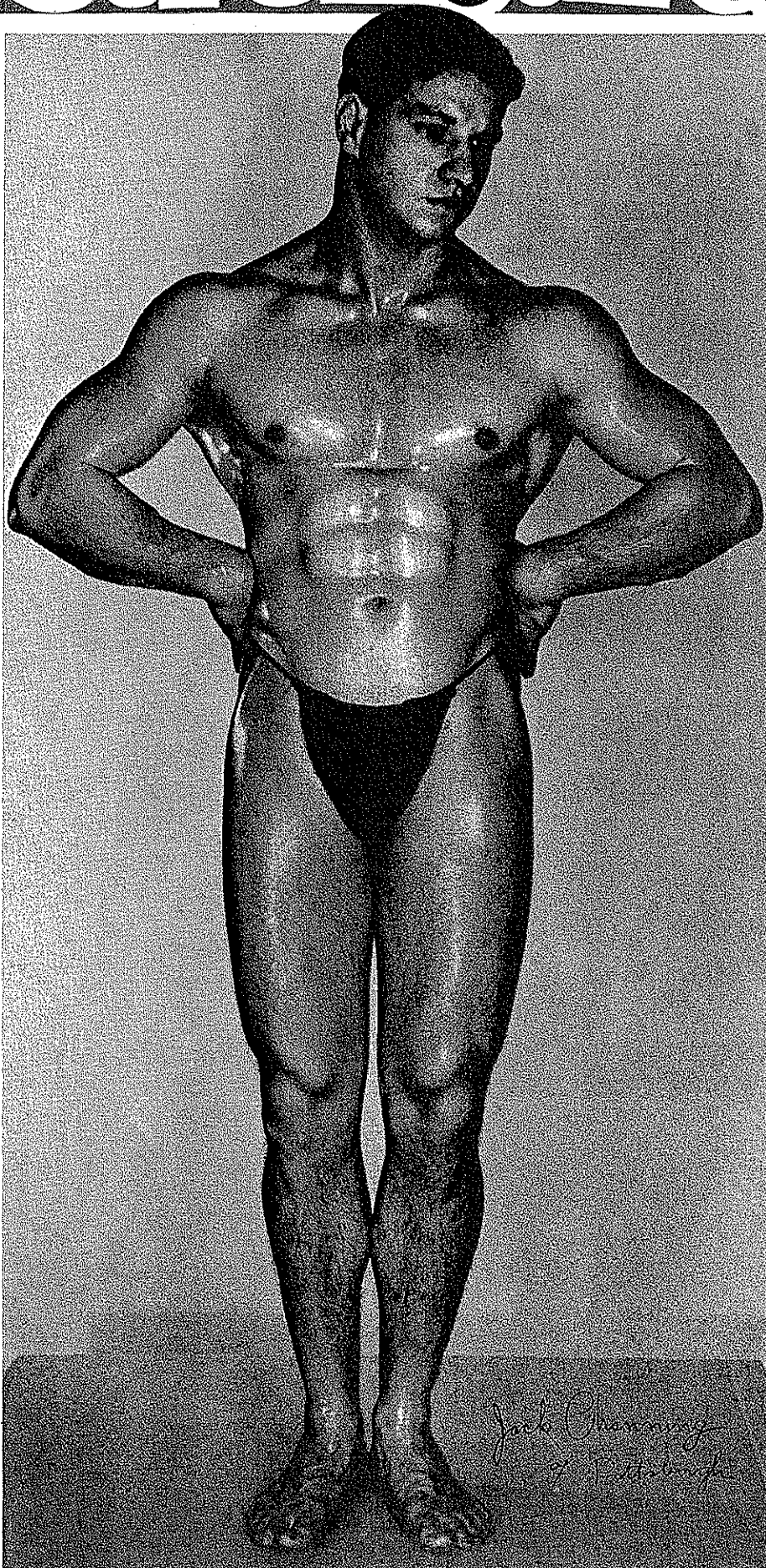


Strength & Health

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Have You A
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Exercises For
Husband and Wife

What Should I Do
Before Marriage?

APRIL 1939

What Sort of a

By **BOB**

YOU haven't been out to my home for a couple of weeks, Jack. Are you making progress with your training?"

"I believe so. I have intended to come several times but it was so blasted cold that I would decide at the last minute to stay home and take a workout by myself. I never thought I was lazy, but I must admit that I accomplish more when I train with you than when I am alone. I have a tendency when training solo to exercise by the clock, rather than to give my muscles a real workout. I decide to exercise for thirty minutes and then I watch the clock, rather than fully concentrate upon my muscles. But I'll be over soon. This bitter weather can't last forever. Sometimes I envy those lucky people who can spend their winters in California or Florida. It seems that most of us poor mortals are up against the proposition of having time to go but not enough money, or if we have money enough, we don't have the time, can't get away from our jobs."

"That's all true. But spring will soon be here. Bad weather makes us more appreciative of the finer days when they do come. Just think, a few more months and we'll be able to go to the beach, train in the open and take a nice swim afterwards. And you'll have a figure this year that will surprise a lot of people."

"I have improved, Jim. We've followed the regular exercises, and we've specialized a bit. And each session of special training has brought us good results. It's left its indelible stamp upon our physiques. But about two hours ago I was forcibly reminded of one part of our bodies we have not given special training."

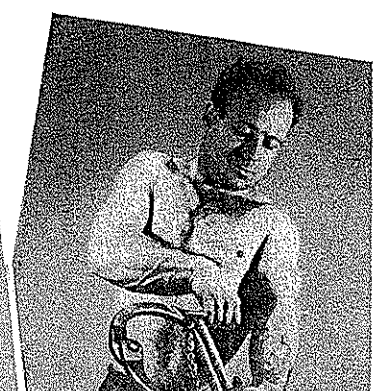
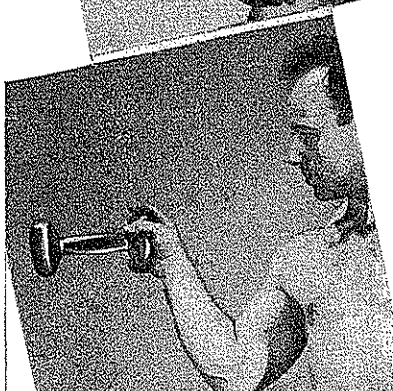
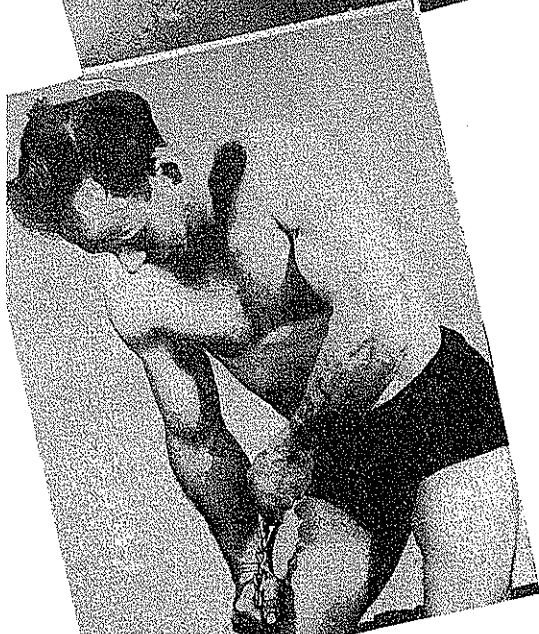
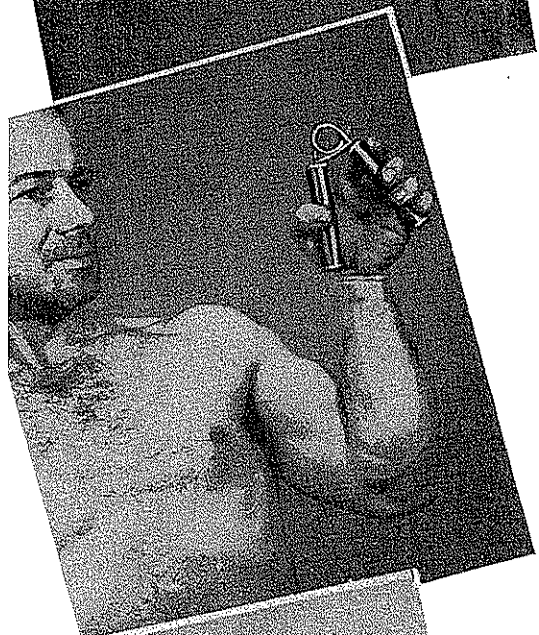
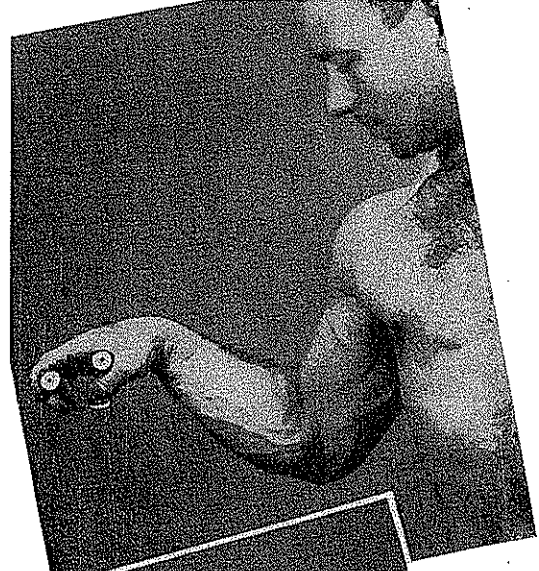
"What part was that? We've worked on the shoulders, the sides, the abdominal muscles, the neck, the legs. What have we missed?"

"Why the hands and wrists."

"You've got a hand like a ham. What do you want to try to strengthen that for?"

"I know I have big hands. Too big and beefy, I believe. I could improve them a lot by special exercise. But what made me think of developing the hands was a hand clasp I received from one of my prospects this morning. It felt just like someone had put a piece of meat in my hand. Cold, clammy, no life. I like a nice, warm hand clasp. I know if a salesman went around like that he wouldn't do much business. The first impression one receives in meeting another proves to be the most indelible. Many times I have formed a wrong impression of a man I just met, an opinion which was far from flattering to say the least. After coming to know the person better I found them to have many desirable characteristics but I was still unable to entirely dismiss the first impression from my mind. In business relationships such an impression—a man may meet the prospect only once—is fatal, for the salesman especially. He is constantly meeting people and must make every effort to cause his prospect to form a favorable opinion of him."

"So I guess you're right, Jack. It's wise to analyze ourselves and make sure that we always put our best foot forward, always create the best impression. I have noticed that you have a fine, warm, strong handclasp when you have taken my hand, and perhaps you are right that your hand is too big and beefy. There is little doubt that the nature of one's handshake bears considerable importance in the affairs of life. It has been known to make and break men. Literature is full of illustrations such as: 'His handclasp was firm, warm and friendly, one knew him instantly as a man who could be depended upon.' 'Or he was untrustworthy, and had a loose, cold clammy handclasp.' It was White who wrote of President Wilson: 'When you meet the man he will lay his hand in yours and you will at once think of a dead, cold mackerel. Woodrow Wilson had many friends, but was generously disliked by many who knew him but slightly. It was absolutely



Grip make YOU!

HOFFMAN

necessary to be closely associated with the man to love him.' And so on and so on —

"On the other hand, there is just as great a nuisance in meeting the person who grasps your hand, grits his teeth, rises on his toes and bears down with every ounce of his strength in the effort to grind the bones of your hand to powder. He has a good grip and knows it, seizes every opportunity to demonstrate it, until all and sundry detest the sight of him."

"I've met that kind of a guy. I don't want to be like that. But I would like to have a more muscular pair of hands, hands that look strong and are even stronger than they look. Do you know some good gripping exercises, Jim?"

"Yes, I know some. In fact the exercises one can practice to develop the hands, wrists and forearms are almost endless. I'll describe a few. You must have tried some of them, although some may be entirely new to you. In any event if you will specialize for six to twelve weeks on the exercises I will tell you of, you are sure to improve your forearms and have a well developed pair of phenomenally strong hands.

"It is possible to classify the various exercises for the hands and I believe it would be beneficial for you to include each in its own category. I shall therefore list them as the Bending and Breaking Group, the Tearing Group, the Pinching Group, and the Gripping Group. While there is a marked difference among the above allocations, there is of course some overlapping. However, it will demonstrate its value as I describe the different exercises; moreover it will provide the means whereby the exercise enthusiast may select a different group for each exercise period of the week and thus reach the muscles in diversified manner.

"In the first division, the Bending and Breaking group, one will immediately realize the necessity of strong, tough hands, both of which can be accomplished in a few weeks time. Prob-

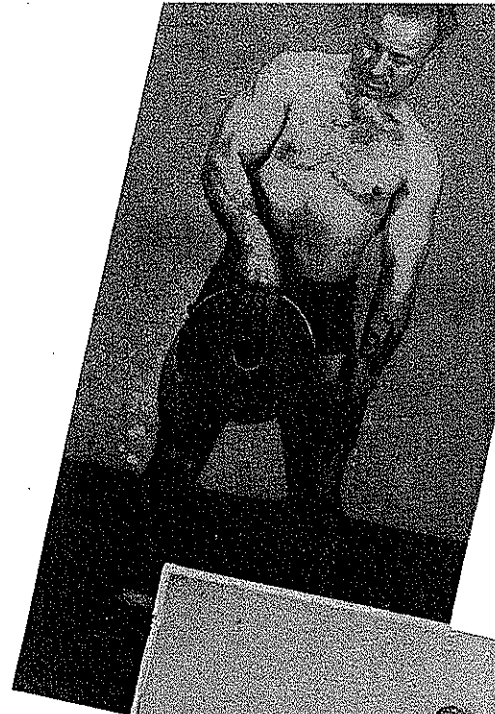
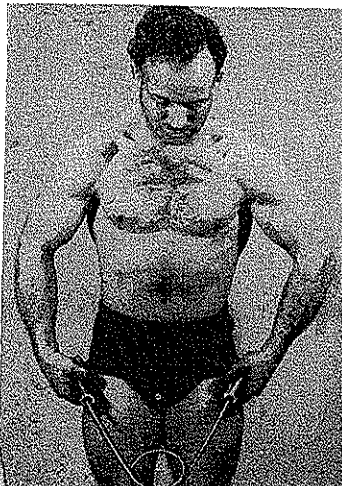
ably more than in any other of the groups, the shoulders, chest and back muscles will come in for a large share of the benefits of the exercises in question. The very nature of the exercises of this section cause the muscles of the upper body to pull and push and twist in most any direction. It is for this reason that this first group should be considered of great importance and practiced at least once a week. One thing you should learn is that the BEST exercises are those which bring into play the largest group of muscles at one time. An advanced bar-bell man has learned this lesson through experience.

"You should procure some strap iron and some Jack chains. They'll not only help you become strong, but through their use you'll develop a reputation as a real strong man. You'll be asked to give demonstrations at banquets, social gatherings, and business meetings. You will surprise your friends and business associates who don't know that Jack Burnett has been taking iron pills for some time. You should obtain a piece of strap iron six to eight feet in length. Depending upon your present strength you can start with iron varying in width from one to 2½ inches, and the thickness that experiment finds you are capable of handling. While you are at the hardware store selecting the strap iron, also obtain some spikes of various sizes. You will quickly learn to bend them too. And some Jack chain. This is made in several sizes. You can start with the smallest, the second size is the material used on your head strap. There are at least three larger sizes you can learn to break. When I took a run over to the York strength show of 1937 I noted that Bob Hoffman used these four sizes in breaking chains with his hands and with his chest expansion.

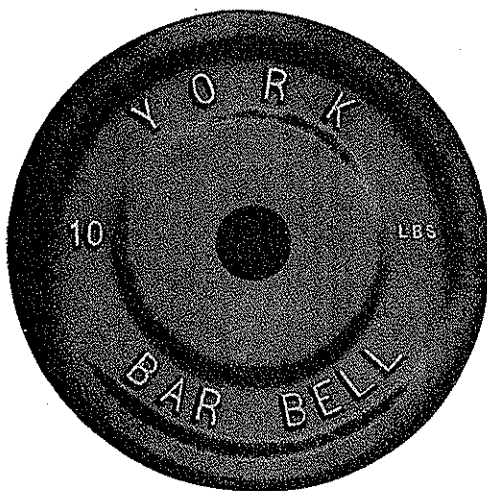
"After you have used the strap iron you need not discard it for you can

(Continued on Page 36)

Exercises posed by DICK BACHTTELL, nine times featherweight champion.



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difficult, as the vicinity of the great building was packed with spectators, watching and stretching their necks to see if Sampson the strong man was in sight. It was stated that he intended to lift one of the cannons which are placed on either side of the City Hall. This, the people said, was impossible, but, should the statement be true, they would all like to see it done; so consequently the place was jammed. At 1:30 Sampson was to perform the marvelous feat.

"At 1:20 the crowd cheered, 'Here he comes!' There were three open carriages in view (horse and buggy days), in the first one was Sampson and the proprietor of the museum, in the two following were the gentlemen with whom the strong man had made the bet. As Mr. Sampson and his escort left their carriages to go to the cannon, they had great difficulty in getting through the crowd as some would make room for them to

pass, while others in the rear would crowd to get a better view of the party. Finally they got to the appointed place. Then there was a hush, not a word was heard from the crowd. The strong man tried again and again, but without success. Then the lookers-on said, 'Oh, he can't lift it!' Others again said, 'I knew that before I came.' Then Sampson, white with rage, took off his coat, stooped, put his back underneath the tremendous cannon, lifted it out of its socket, and dropped it to the ground. Then came cheers from forty-eight to fifty thousand people, 'Hurrah for Sampson!' The crowd was so overjoyed that they almost carried Sampson to the carriage. What a job it was to have the cannon put back in the socket is beyond imagination. The officials, at least, said if they had had the idea that Sampson possessed the strength to lift anything so heavy as that, he would never have been given permission."

WHAT SORT OF A GRIP HAVE YOU?

(Continued from Page 21)

obtain additional exercise by straightening it to use again. The procedure of exercising with the strap iron is simplicity itself. First bend one end at right angles. Four to six inches will be sufficient. It's better to make this initial bend in a vise. Then place one foot on the bend in order to hold it firmly to the floor, and placing the left forearm against the iron, start bending the top half of the bar over it by pushing hard with the right hand. With a little practice you can learn to make some fancy scroll work in just a few moments time. Don't forget to practise bending the iron over both arms to assure yourself of equal development. As a strength demonstration, heavier bars may be bent by placing them on your head or in your mouth and have assistants hang on the ends to bend them down. Of course, you should wrap a handkerchief around the bar to protect your teeth. Otherwise you may be faced with a large dental bill.

"In bending spikes it's usually customary to bend them slightly over the leg just above the knee, then apply your strength as is done with the Giant Crusher Grip, bending them until the ends nearly touch. With a light enough spike, you can learn to make the entire bend with your hands. It requires practice, during which a certain amount of knack is developed and of course strength. Bending spikes is always quite impressive. There is another feat which is startling to the spectators and splendid from a developing standpoint—driving spikes through a board. Start first with a soft, straight grained one inch board, sharpen the spikes with a file, wrap a handkerchief carefully around the head end of the spike, extend the other between the second and third fingers; the head of the spike is of course held against the palm of the hand; clench the fist, and then strike a hard pushing blow to begin. In a comparatively short time you will acquire the ability to drive a spike repeatedly through a two inch plank. I have seen men perform spike bending, driving a spike through a board, bending irons into scroll work who could only clean and jerk 145 pounds, so it is evident that most anyone can learn to perform these feats with practice.

"Chain breaking is most impressive when broken across the chest. A leather belt is worn to which has been riveted a piece of angle iron with a slit in it. The chain is held between these irons, then with a tremendous expanding of the chest the chain is broken asunder. It's really impressive. When one considers that the lungs are a soft, spongy tissue and must become strong enough to push out the bones with such force that they break a powerful chain, it is remarkable. Eddie Polo stated that he broke two ribs the first time he tried chain breaking with one of the small sizes of Jack chains. And when I

saw three larger sizes of chains broken at the York show, it made me wonder just how strong flesh, blood and tissue can be made to be. But we were discussing building the hands.

"One of the best ways to break a chain is to fasten it to a ring in a heavy board, stand on the board, then loop it around the dumbbell or barbell bar for instance. The chain should be just long enough that the bar is slightly above the knees. Before preparing to lift, twist the chain once; this should place one link in a position to break before the rest. Chain breaking is difficult if this is not done for five or six links may stretch simultaneously. In breaking the chain with the hands it must also be twisted, then it is grasped with the left hand uppermost, the right at the other end of the chain, the left hand resists, the right applies the pressure. While I saw Bob Hoffman break the first three sizes of chains with his chest without a twist, a twist was necessary on the heaviest Jack chain. For when several links give at the same time, they are large enough that the chest expansion can not make the final break. The belt cuts into the flesh a certain amount, no matter how hard it may be, so endeavor to twist the chain so that the strain will be placed on a single link.

"While you are at the hardware store ordering the spikes, chains and the wrought iron, see if you can purchase an old fashioned iron poker. If it is made of steel it can be made to snap and there is danger of a flying part hitting a spectator. So be sure that you obtain wrought iron. You can bend this in the same style as the spike, across your knee. And by constant practise you can bend it over your leg with a single blow. Grasp the handle part of the poker and lift it overhead, bend the left leg and then bring the poker down forcibly over the fleshy part of the thigh. Commence with a light soft iron rod and then as the muscles toughen, work up to a heavier one.

"You can make your start as a strap iron, iron bar and spike bender, by training with the Giant Crusher Grip, the grip and wrist developer which is a part of your Big Ten special, or an Iron Shoe which you will find advertised in Strength and Health magazine. These devices have a direct effect upon the muscles which would be developed by the bending of iron bars, furthermore there is no replacing or straightening as from time to time when using strap iron.

"A rather impressive way of demonstrating your strength is the tearing of playing cards in halves, quarters and eighths, the latter being most difficult, I assure you, even for the strongest handed person. I have heard of tearing of cards into eighths but it has never been my pleasure to see it legitimately demonstrated.

(Continued on Page 46)

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a fast finish is a good developer. There are many men who lack a second pull. They give the weight a hard starting pull and then try to get under it by a low split or a squat. Val De Genaro is one of the strongest men of his weight in the world. He can deep knee bend with approximately 400 pounds, is good at the bent press, dead lift and other strength feats, yet I have seen him try to get under a weight in the clean or squat when it is not as high as he could dead lift it. Some men depend too much on a low split or squat. The proper procedure is to pull the weight as high as possible. If you can pull it high enough, you don't need to get low. Reach the lowest position only when the weight becomes very heavy.

I have found that it helps this high hard pull if you will mentally see a picture of yourself pulling, rising on the toes with the weight pulled to the height of the shoulders before splitting under the weight. Concentrate on a long hard pull. This mental concentration, rapid dead lifting and upright rowing motion should permit you to pull the weights very high. Consider a man of approximately 160 pounds like Johnny Terpak; he cleans 330, snatches 260. Both with a rather close grip. His second pull is the secret of his success. He's developed the ability to put all he has back of a vicious, powerful ending to his clean or snatch.

In body building, the full deep knee bend

is a good developer. But it does not build the speed that champion lifters require. So our champions, with the exception of the squatters, rarely practice deep knee bending. The half bend is frequently employed by John Davis and it is sufficient. In the half bend the body is lowered more than in the preliminary position in the snatch or clean and jerk and employing as you can a weight of two or even three times your bodyweight, great power and spring is developed.

A great deal of pressing practice will not only improve your pressing ability but it will improve your jerking ability too. During one of the stages of rapid improvement in the career of Tony Terlazzo, he did nothing but practice pressing and snatching. In the snatch he used all the styles of training. From a get set position with the bar on the floor, from a regular dead hang, lowering the bar close to the floor, from a box and from the upper thighs. He would pull slowly the entire way, at times starting slowly and ending fast. All sorts of snatching and pressing, no cleaning and jerking, and he established a world's record in the clean and jerk some time after that special training. The best lifters practice little cleaning and jerking. Hope this article has given you a suggestion or two. My next book, on which I am about to start, will be a complete volume on weight lifting. The most modern and most complete weight lifting book ever printed.

WHAT SORT OF A GRIP HAVE YOU?

(Continued from Page 36)

unsrated. I say legitimately because there are various types of paper playing cards, the very cheapest kind being quite easy for a strong handed man to tear. Moreover it is the practise of some so called strong men to bake their cards in the oven thus thoroughly drying out the paper which destroys its fibre sufficiently to almost cause the cards to fall apart. Large catalogues and phone books prove accessible material for the practice of tearing. The companies who put out these books no doubt would appreciate it a great deal if you would use last year's books.

"With each successive pack of cards or phone book you tear you will learn new tricks which will add to the smoothness of performing the tearing operation. There are, to be sure, certain details to be observed, which when put into practice, will aid you in the demonstration of tearing. With either cards or catalogues, it is absolutely necessary that a good stiff edge be maintained. And once the tear is started turn on the pressure in order that the tear will carry completely through. If you are not strong enough to tear them apart while in normal position, you can slip them somewhat so that you will be tearing a few of them at a time until the full tear is under way. The manner of gripping the cards is rather simple, a reversed grip being used. Place the hands over each end of the deck in a reversed position, grip the cards firmly with the fingers and the thumb, and being sure that you have a stiff edge on the cards, twist them apart. It requires strong hands to tear one deck of cards, but men have torn two or three decks at one time.

"I don't believe I will suggest that you try the bending and breaking of coins for the reason that, so far as the U. S. coins are concerned, it is not possible to rend them apart with the hands alone. Even if it were possible, our dear old Uncle Sam would strenuously discourage the practice. Seriously now, I believe it would prove a big order to accomplish the task with a quarter or half dollar. It might be possible with a thin dime. Try fastening a half dollar in a vise and using only the thumb or the heel of the hand as the means of breaking the coin. You will see how difficult it is.

"There are men who have claimed to have broken horseshoes. But I am convinced the shoe must be very badly worn, before it can

be bent. Or must be treated so that it is not steel, but is comparable to soft iron. Try bending one some day and I believe you will join me in doubting that any man can bend a fairly new horseshoe.

"The pinching powers are most easily developed by carrying the largest plates of your bar bell by pinching them between thumb and fingers. Practice dropping them by releasing your grip and catching them again. Don't miss, for the people downstairs might complain. You will find that it will take but little of this kind of exercise to tire your hands and forearms and that of course means that good results will be obtained from the exercise. This movement will be fatiguing, especially if you are advanced to the point of using heavy plates. When you are capable of handling smooth fifty pound plates in this style, you can be assured that you have an unusual grip. And when you reach the point where you can carry a couple of seventy-five pound plates around by means of the pinch grip, then we will say that you are near the top of the Iron man profession.

"If you desire, you can easily make yourself a progressive Pinch Grip developer. Secure a piece of 2 by 4 about eighteen inches long. Drill two holes in it through which you can pass two strong cords to suspend a dumbbell which you can load to the proper weight for the gripping exercise. Another means of developing the pinching powers and one little used, if known, is the practice of bending pop bottle caps between the thumb and index finger. It may be necessary for you to practice other exercises before you are strong enough to accomplish this one, but it will prove a valuable means of further strengthening the muscles we are considering for the present."

"But Jim, you've given me some good exercises, all of which with the exception of dropping and carrying bar bell plates require special apparatus. It seems to me that they are more in the nature of exhibitions than developers. Aren't there simple means of developing the grip which can be practiced without special equipment?"

"Yes there are ways, Jack, but the exercises I have already given you have great development value in addition to the reputation they will give you as a strength performer. They will help you develop a super grip, such as

few men possess. Dead lifting in both the overhead and reversed grip style is a sure way of securing Herculean gripping powers. Especially when very heavy poundages are used. You have a 310 pound set, not so heavy for a man as big as you. But you can in the course of an evening's program arrange your exercises so that your hands will have much more work to do. In the half knee bend, the rise on toes, the straddle hop it's the usual thing to hold the weight on your shoulders. Try holding it in your hands for these movements and you'll feel that your hands have worked hard. With the regular dead lift, the Jefferson, front and back curl, rowing motion, and repetition snatches especially, your hands and forearms will obtain a wonderful workout. You can invest in a few various sized pipes to slide over your bar bell between the collars, which will greatly increase the effort of lifting and strengthen your grip.

"Almost without exception you will notice that leading lifters have large muscular forearms that appear big from all angles. This is the direct result of having handled heavy weights in their training. Those among them who practice dead hang snatches and cleans have remarkably developed forearms and hands. 'Dead hangs' are practiced by the Egyptians for numerous counts each exercise period and if you will take the trouble to look through your back issues of S. & H. you will see for yourself that all of them possess enviable arms. And it is worth while to remember that the Egyptians alone hold 7 of the 15 world's records in the 5 Olympic body-weight classes. They credit dead hang cleans and snatches with the resulting development they obtain with having a great deal to do with bringing out these world's champs and world's record holders. Even if you are not in the least interested in competitive weight lifting, repetitions in the dead hang style will provide you a wealth of development and your strength will soar in spite of you.

"The practice of squeezing two rubber balls (the five and ten cent store variety of sponge rubber are best) is a positive means of adding to the muscular bulk of the forearms and should be included in one's training routine. I once knew a man who had three miles to walk to work each morning, and three miles home in the evening. He practiced gripping as he walked, either with two rubber balls, a ball of newspaper, or even a tin tobacco box. And as a result he developed the most outstanding hand and wrist development I have ever seen. His clenched fist reminded you more of a 16 pound Iron Shot than anything human. He would work once with the right hand and when it was tired with the left. Squeezing with the right hand he clenched his fist every time his right foot struck the ground, relaxing as the left touched and continuing this movement throughout. I knew of another fellow who, each evening after everyone had finished with the evening paper, would open it up and after taking one or two sheets at a time begin at one corner and by manipulating his fingers gradually crumple the entire sheets in his hand. From this one exercise he developed marvelous forearms, increasing them from 11 $\frac{3}{4}$ inches to 13 $\frac{3}{4}$ inches over a period of but a few months. And they looked much larger, as they were particularly well developed just above the wrist.

"Floor dipping with the fingers, with one finger or one thumb as the best performers such as Bob Jones or Val De Genaro can do, or actual hand balancing on the fingers, is sure to result in a most outstanding development of the hands and forearms. Rope climbing, tug of war, walking on your hands, chinning from various sized horizontal bars, with two or more fingers and even one if you get good, are a few other exercises the ambitious body builder can practice. There is an apparatus which is a part of each Home Gym and each Giant Crusher grip set, known as the hand crusher grip, which is a valuable addi-

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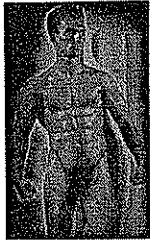
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EDITORIAL

(Continued from Page 11)

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KNOW YOUR BODY

(Continued from Page 19)

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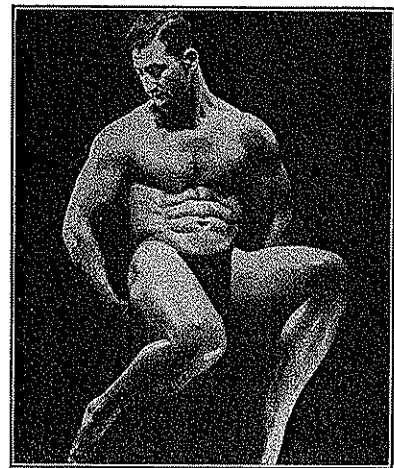
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