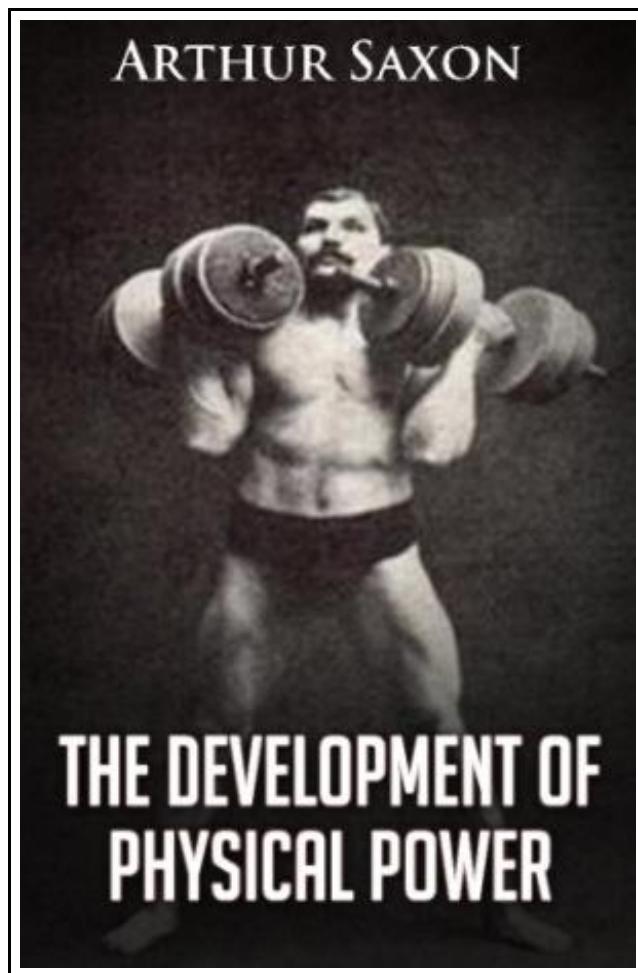


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Createspace, United States, 2011. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. I would say that, above all, I look for strength and power in a man, especially an athlete, quite regardless of muscular development. The fact that a man may have full physical development, but disproportionate power and energy has been proven to me so many times, that, in my book, I propose to aim at and instill the value of genuine power, without any attempt to obtain large increase in the dimensions of the different muscles. This means that I look upon as almost worthless the taking of different measurements for purposes of comparison from time to time, as is generally done by young men who train on the different systems which are now before the public. I shall teach you to judge a man by his capabilities as an athlete, whether a weight-lifter, wrestler or not, and not by the measurement of his biceps or chest. In the course of my travels I have met quite a number of physical culturists who have come to me to show their development, and whilst it must be admitted it has been splendid to look upon, yet it has also been evident to me that a number of such men have injured their health in an endeavour to squeeze the last fraction of an inch from out of their muscular development. My idea will be, and always has been, to leave the muscles to look after themselves, but I place a premium upon the possession of untiring energy, great staminal and vital power, and a sound constitution. That I myself possess such, I think my past records will show. Whether I can give you, dear reader, a percentage of...

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