

Charles Atlas®

A full-body photograph of a very muscular man, Charles Atlas, standing with his legs apart and arms slightly flexed. He is wearing leopard-print briefs and is smiling. The background is a solid yellow color.

HOW DO
YOU LOOK
IN A BATHING
SUIT?

THE
WORLD'S
MOST
PERFECTLY
DEVELOPED
MAN™

10 STEPS TO A BETTER BODY

An Introduction to Fitness

Charles Atlas®

**10 STEPS
TO A
BETTER BODY**

*An Introduction
to Fitness*



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INTRODUCTORY NOTE FROM CHARLES ATLAS®

DEAR FRIEND:

Congratulations on your decision to purchase this introductory course based on the Dynamic-Tension® system of health, strength, and physique-building. Dynamic-Tension® is the name of my non-apparatus methods—the same methods that built me and my millions of pupils. I most cordially invite you to join our ranks. I accept you because I assume that you are a normal individual with no ailments that would prevent or limit your participation in a physical exercise program. Before making a commitment to this introductory program, or any program involving personal fitness, I require my students to consult with a physician, because to safely begin this course, you must honestly answer “no” to all of the following questions:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor or under a doctor's care?
2. Do you feel pain in your chest when you do physical activity?
3. In the past few months, have you had chest pain when you were doing physical work?
4. Do you lose your balance because of dizziness, or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your daily physical activity?
6. Has your doctor prescribed any medication of any nature to you for a blood pressure, circulatory, or heart condition?
7. Do you know of any other reason why you should not engage in a physical exercise program or activity?

This introductory lesson contains many of the priceless discoveries I have made using the principle of Dynamic-Tension® to build up your body's muscles. Remember—these methods can help you,

but only if you are willing to follow my instructions carefully. Go over this lesson carefully. This special kit contains introductory exercises contained in lesson number one of my complete twelve-lesson course, which has been proven to be one of the greatest methods available to build muscles rapidly and safely. This is the very same method that changed me from the original "Ninety-Seven-Pound Weakling™" into "The World's Most Perfectly Developed Man™."

Also remember, as a rule, perform all exercises 10 to 12 times (reps) or until you become tired, unless otherwise specified. Study the written instructions; in addition, follow the illustrations provided of the exercises so that you are sure to be doing them correctly. This will ensure proper execution and form. The desired results will surely come! I invite you to begin the journey to health and fitness.

Yours for Perfect Strength and Health,

A stylized, handwritten signature of Charles Atlas in a cursive script.

Charles Atlas

INTRODUCTORY COURSE: FUNDAMENTALS FOR BUILDING A BETTER BODY

The truest success and strength is the development of one's inner moral character coupled with outer physical strength and overall health. Why? In order to become a strong man or woman of action and courage, you must be prepared to stand up for yourself, aiding and assisting anyone who needs a helping hand.

In giving you this lesson, I am assuming that you value health, increased energy, and vitality leading to muscular power, and want to pay the price of intelligent, persistent effort. You cannot get results without making an effort.

To succeed in the building of superb health and strength, you must have power of *will*, resolutely making up your mind that you *will* follow the instructions, no matter what sacrifices you are

obliged to make. You must be hopeful, and must expect the results that will ultimately be yours. You must have courage and fear nothing. You must have absolute confidence in this system. You must have faith in yourself and in the methods explained in this book. You must have persistence. Please remember that weak, spasmodic efforts will get you nowhere. The end results will not only satisfy you, they will validate your dedication.

Henceforth, think *health*. Make up your mind that radiant health shall be yours, and realize that the results will be worth the effort involved. Throw off any tendency to unwholesome influences, and keep your mind well occupied with thoughts of health and strength. From now on, you must resolutely curb bad impulses and habits, strengthen good ones, and positively reject anything harmful.

The first great step necessary is the **reformation of bad habits**. Where previously you may have directed your energies in certain channels that resulted in weakness or disease, you must now use this same energy to rapidly build up your body so that glorious health may be yours forever. You have become what you are because of your past daily

habits. Day by day, you must make or break your body. You either build it up or tear it down. Keep in mind that your goal is to build up your **health, strength, and personal power**. You must now conserve your energy for the acquisition of new and better health habits. Once they become fixed, you will experience no difficulty in retaining health and strength all through your life.

To overcome your past injurious habits and develop better ones, you must bring your entire attention to the matter. You must focus on your motives and the outcome you are striving toward. The method you choose to occupy your mind with better things is your personal decision. You may turn to spiritual or faith-based devices, or perhaps some form of meditation is your best approach, even if it only involves reporting your goals out loud whenever you have a private moment. This may seem silly at first, but if you say it enough, you may start listening to yourself, and after you hear it over and over, you'll start to believe it. When you begin this course, you're not just exercising, you are enacting a lifestyle change that will follow you each and every day. You are turning away from past

habits and turning toward freedom. Remember: *All noxious habits may be destroyed by the person who truly desires to conquer them.*

Therefore, your desire for health, strength, increased personal power, and physical magnetism must from now on be greater than your desire to continue on in the old way.

ELEMENTS OF SUCCESS WITH MY SPECIAL DYNAMIC-TENSION® EXERCISES AND ADVICE—NOTE THEM CAREFULLY

You can make your exercises a success or a miserable failure. You can make them monotonous and irksome, or you can make them a sheer delight. It entirely depends on your own mental outlook. You should—and I want you to—regard all your bodily activities and exercises as a pleasure. You should look forward to them as a joy to perform. If you do, the results will be much more satisfactory and certain. Hold in your mind's eye *at all times* the ideal of physical perfection.

Think of yourself as possessing a perfect body, mind, and spirit. Realize that each time you are exercising, you are arriving at still greater perfection.

Regard each day's exercise as a goal in itself. Follow my instructions faithfully every day, and as you thread these healthy days together, you will weave a healthy and happy life. Remember, the result of step-by-step efforts is the accomplishment of your goals.

In all your bodily activities, your mandate is to put *conscious concentrated effort* into each movement. Perform all your exercises with will. Don't just go through the motions. If you are going to enact any real change, it's not enough to just follow the figure in the illustrations. Think *power*. Concentrate on your muscles growing larger, stronger, and more beautiful while you are exercising. Put pep and punch, vigor, vim, and snap into every movement! Put life into your exercises! Don't ever perform them in a halfhearted manner. Avoid a lazy attitude. Refrain from zoning out and letting your mind wander while exercising. *Your mind and body need to work together.* The concept of training extends beyond physical development. Your goal isn't to train your body to engage in repetitive motion—even when strenuous, that is the easy part. You can take any exercise from either this

program or my extended course and practice it over and over, but it will only serve you in the short term unless you have the will to make it a part of your life. *Your goal is to achieve change by training your mind to accept and embrace the physical demands required to attain perfect health.*

Do not dread your exercises or think of them as something to be shunned or skipped through as quickly as possible. Make up your mind now to put your whole heart and soul into each directed exercise, as given. *If you do so, the desired results will be yours.*

The first introductory series of exercises will consist of those for building a solid foundation for your entire body. These exercises will give you special methods for developing a strong, powerful chest and acquiring great lung power. The exercises are to be faithfully practiced *every* morning, immediately on arising and again at the end of the day.

This system chiefly consists of various exercises that help your blood eliminate toxins, while at the same time building up the tissues, rounding them out, and giving you muscular power and health. Part of the secret of health and longevity lies in

getting rid of poisonous, dead, worn-out cellular tissue, which, if allowed to remain in the body, would prevent the perfect functioning of the various organs. One of the methods by which this dead matter may be eliminated is through properly directed muscular exercises, such as those found in the program that follows.

You will understand these exercises better if you read them out loud to yourself in a private room where you will not be disturbed.

HERE ARE MY SPECIAL EXERCISES FOR DAILY LIVING, OVERALL HEALTH, AND DEVELOPING A POWERFUL CHEST

Artists, doctors, scientists, sculptors, and physical fitness experts have declared that I have the largest and most perfectly developed pectoral (chest) muscles of anybody they have ever seen. The tremendous strength of my enormous shoulders and powerful arms is due to my muscular chest development. My chest measures 47 inches—even when not expanded, it's ten or twelve inches larger in diameter than the average individual's. Do not despair! I used to be called flat-chested. I came to

realize the importance a great, powerful chest played in my search for robust health.

Today nobody wants a flat, sunken chest. It is unmistakable evidence of lowered vitality and a lack of resistance to disease. You should diligently strive to possess a fine, big chest for two important reasons: first, because it augments the body's overall strength and energy levels, and second, because it adds to the beauty of your body's contour and symmetrical development, providing grace, poise, and self-confidence. A full, round chest is an indication of strength, vitality, and boundless energy. It ensures a strong, healthy pair of lungs, a sound heart, and a more productive life.

MASTER METHODS FOR ACQUIRING GREAT INTERNAL STRENGTH

This series of unique and very effective methods will help you acquire great internal strength and build up your chest and every muscle in your body. Follow instructions faithfully *day by day*, and perform them all with conscious effort, concentrating earnestly on what you are doing—you will be more than delighted with the results.

Be sure to practice these special movements regularly every day without fail. Perform these, and all other movements, where possible, in front of a large mirror, in loose-fitting clothing. One of my secrets of acquiring an enormous chest is being persistent with the dipping exercise, which is explained below.

Step 1 for Personal Strength and Power DIPS (BETWEEN CHAIRS)

Place two chairs side by side, about 18 inches apart. Then, with a hand resting on the seat of each chair, the body extended in a sloping position, feet on the floor, dip down as low as you can between the chairs, letting the chest down as nearly as possible to the floor. Go down slowly, breathing in, and then come up slowly, breathing out. (This is an important technique and should be followed in every stage of your physical development—breathe in as you prepare to exert yourself while performing a given exercise, and then breathe out as you complete the motion and return to your starting position.) Bend your elbows as you go down, and straighten your arms as you come up. Continue until you are slightly tired.

Never perform these Dynamic-Tension® exercises when exhausted, or you'll do yourself more harm than good. While I have suggested a repetition count for several of the exercises, you need to find your own limits and work toward them in an effort to go beyond. This is why I stress making your mind an active part of your exercises, so that your limits are in sight and your body is prepared on the occasions when you decide to push them. Your first days on this program are geared more toward establishing a routine than they are for big results. Once you get used to this exercise, in one week's time it should give you sufficient strength to double the number of repetitions you were originally able to accomplish. This exercise can be performed on the floor, or with the hands on the edge of a desk or at the side of a bed—wherever you find it most convenient. The most important thing, however, is to perform it *regularly*.

You cannot get anywhere without effort. To secure muscular power and health, you must use directed effort daily. Be sure to practice this exercise every day. It is highly important, as it will lay the foundation for future exercises.

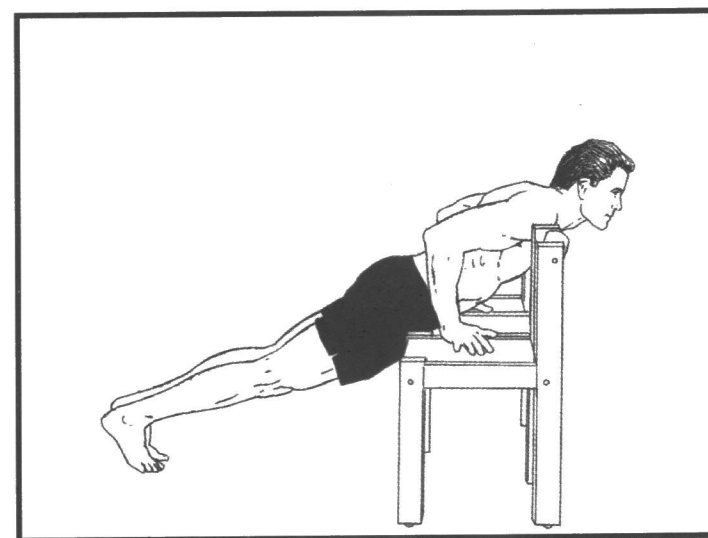
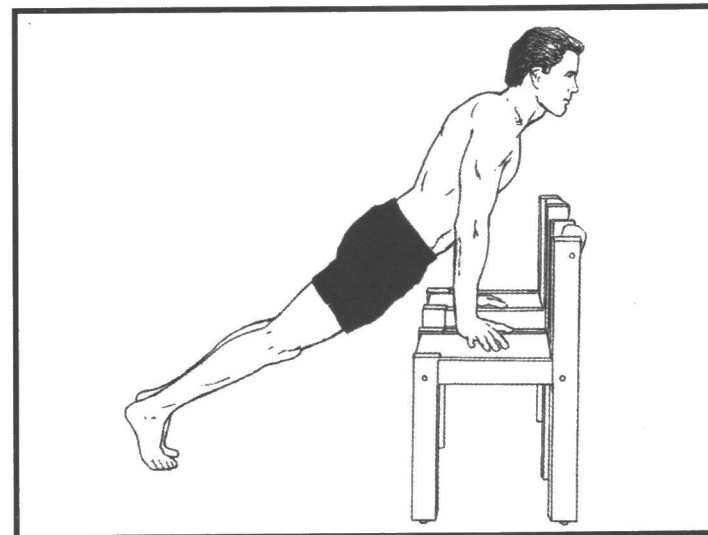


Fig 1. Dips (between chairs)

Step 2 for Personal Strength and Power

POWER STRETCH

Here is another very potent Dynamic-Tension® exercise that is also one of my favorites. While standing, throw your arms far outward and upward from the sides, in a supreme effort to reach the ceiling at both sides of the room, while filling your lungs to their capacity. Now slowly cross your arms downward over your chest, with your left hand stretching far to the right and downward, and your right hand stretching to the left. Then, as far as you can reach, make two or three efforts to reach farther. You should allow your chest to sink inward and exhale.

Then gradually throw your arms upward and outward while filling your lungs to their utmost capacity again. There are some teachers who advocate blowing out the upper chest to an enormous extent, but this is both useless and injurious because, as you get older, you may be prone to neglect the deep breathing and not use the cavities of the lungs, which can make you susceptible to lung troubles and disease. I advocate breathing without straining so that *all* parts of

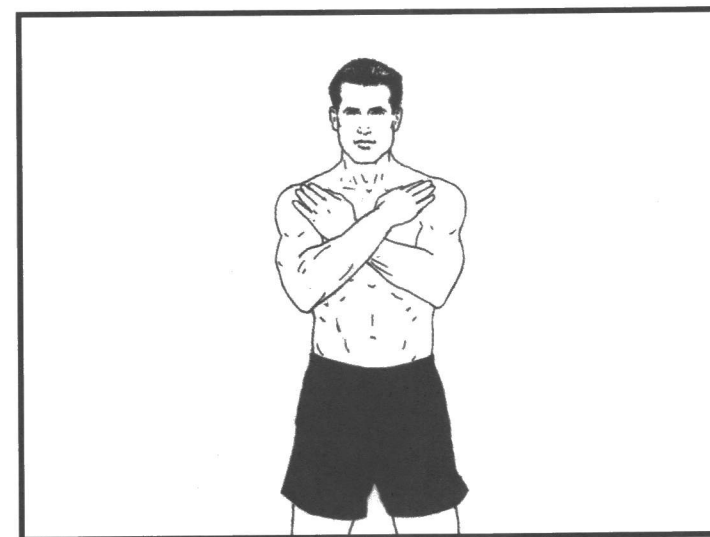
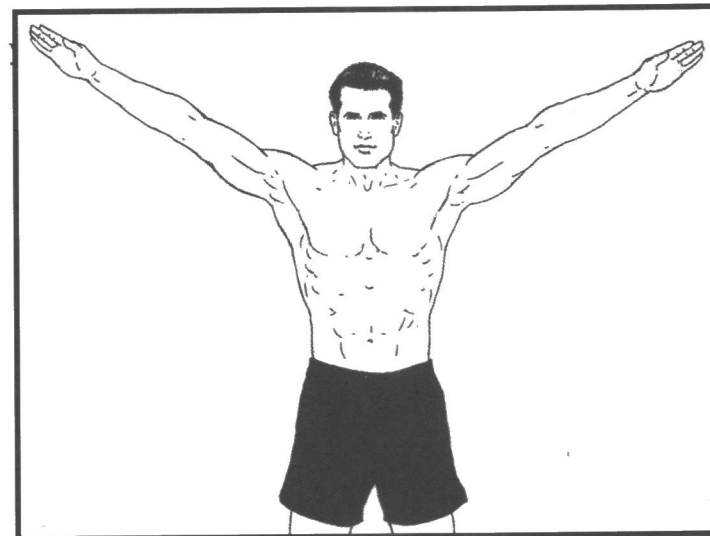


Fig 2. Power stretch

proportion to the size of your body. Do this exercise in front of an open window and continue until you are tired. (The air you breathe must be pure. See that your rooms are well ventilated. When gas, kerosene, and other open-flame heating devices burn in a room, they eat up the oxygen you need. If you must remain in a room where this type of heating system is employed, insist that an extra supply of fresh outside air continually enters the room. Otherwise, you will be breathing air contaminated with carbon dioxide.) Aim for 10 to 12 reps first, and see how your body responds.

Step 3 for Personal Strength and Power **ROPE PULLS**

With your hands clasped around an imaginary rope just above your head, pull downward, tensing your chest muscles. Keep your hands close together and pull them down toward your knees, keeping your body upright. Repeat about 20 times.

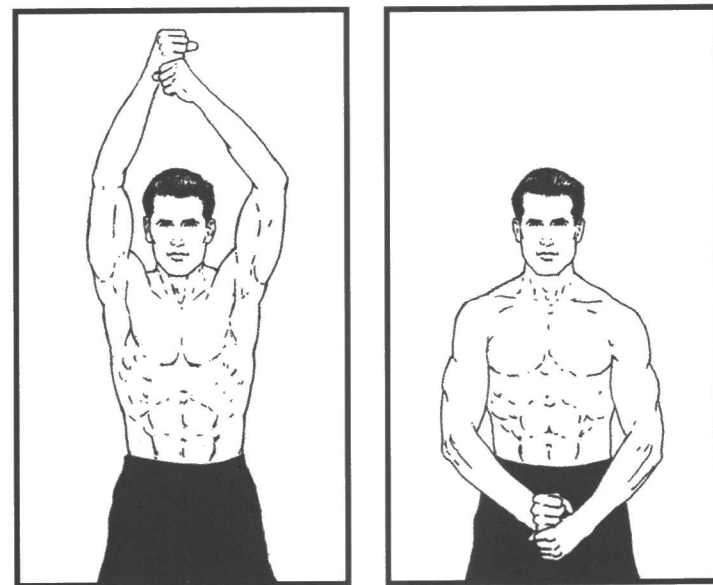


Fig 3. Rope pulls

Step 4 for Personal Strength and Power DELTOID FLIES

This exercise is for the deltoid muscles of the shoulders. Grasp your right wrist with your left hand just beside your hip. Slowly force your right arm outward and upward, resisting strongly with your left hand, to about ear level; then bring it back to your side for 1 rep. Do about 15 repetitions with the right arm, and then try for the same with the left arm for one set. Aim for a total of two sets.

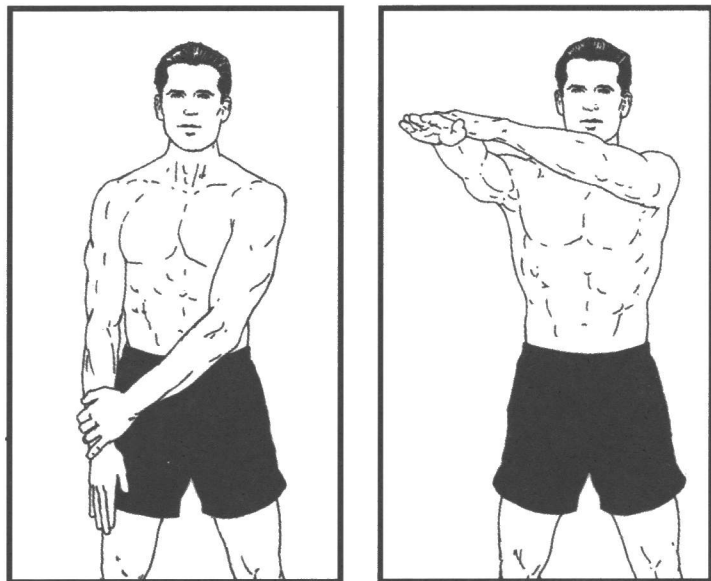


Fig 4. Deltoid flies

Step 5 for Personal Strength and Power FINGER LOCKS

Lock the middle finger of one hand with that of the other hand and hold them at waist level. Motion as if to pull the hands apart, and while pulling, raise both arms up high over and above your head. Make this motion as powerful as you can without straining. Repeat until you are tired. Again, aim for two sets, try to accomplish 10 to 12 reps in each set as a starting point, but take your time getting there if you need to—overstraining yourself can lead to injury, which can only get in the way of your goals.

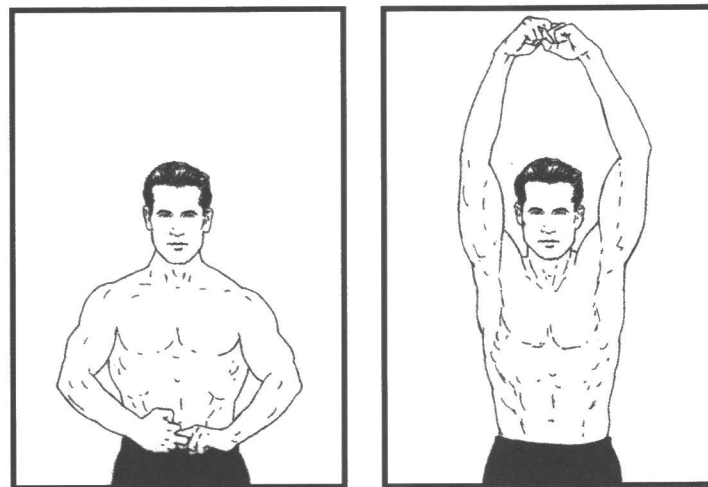


Fig 5. Finger locks

Step 6 for Personal Strength and Power **SHRUGS**

While standing with your hands at your sides, bear down your shoulders and arms, and at the same time, contract your chest muscles. You can do this exercise frequently during the day, anytime that you think of it, but be sure to keep track of your progress.

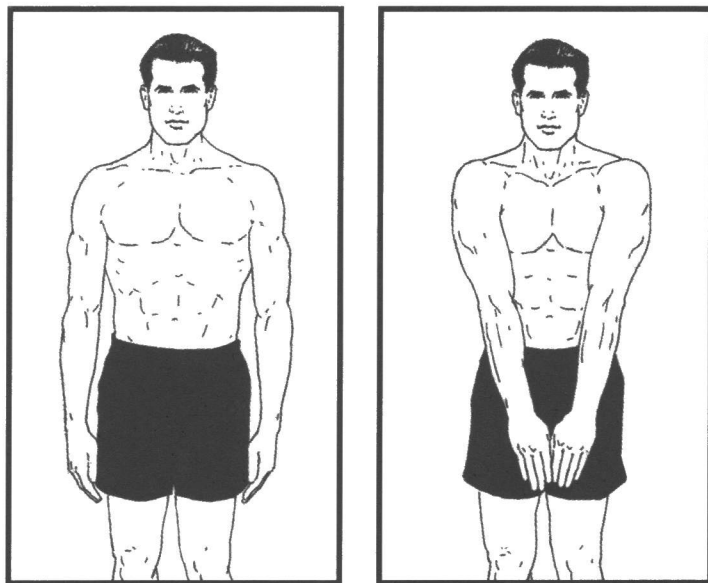


Fig 6. Shrugs

Step 7 for Personal Strength and Power **CHAIR LIFTS**

While sitting in a sturdy chair, grasp the seat with both hands and raise your body slightly, going up and down 8 to 10 times. Maintain at all times a correct body posture, chest well forward, shoulders set back, chin in and down, breathing deeply and fully without straining.

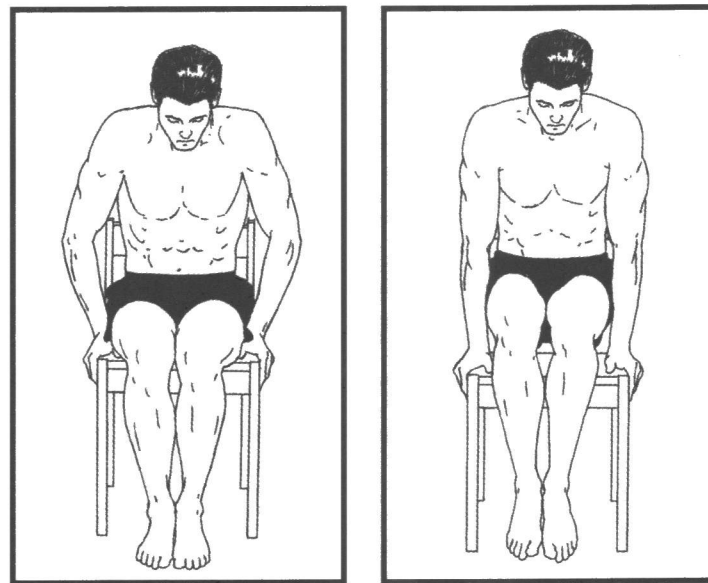


Fig 7. Chair lifts

Step 8 for Personal Strength and Power **CRUNCHES**

Your stomach will remain firm and strong if you practice this exercise daily. While lying flat on your back with your knees bent and your feet flat on the floor, cross your arms over your chest, then slowly sit up and bend forward. Come halfway up to your knees. Then slowly lower yourself back down again. You should feel your abdominal muscles tighten with each crunch; if you don't, you may be going too fast. Repeat this exercise until you are tired, but do not strain yourself. This is one of the oldest exercises around, and finding the discipline to do it each and every day requires the strongest of wills, but it is another one of my favorites, and rising to the challenge will build as much muscle as it does character. Start off by trying to do 50, every day. If you can't do two sets of 25 without straining, then lower the number of reps and increase the number of sets until you can reach your goal (for 50: two sets of 15 and one set of 20, or even five sets of 10). You should increase the total number of crunches gradually, by adding additional sets, as you find yourself up to the challenge.

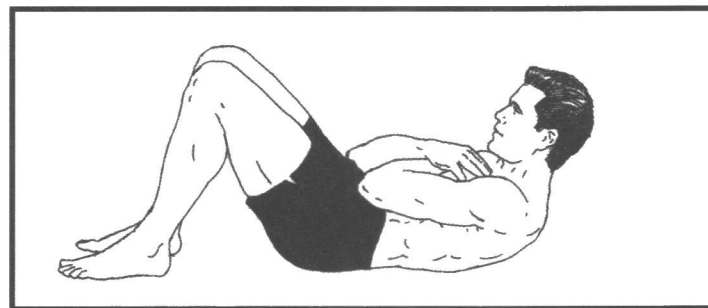
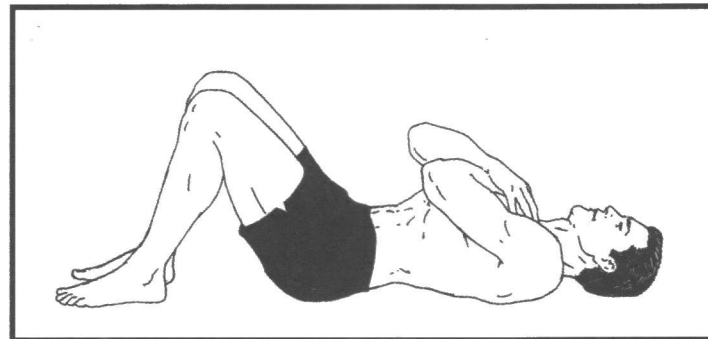


Fig 8. Crunches

Step 9 for Personal Strength and Power **LEG CROSSOVERS**

This exercise works the upper abdominals and the abdominal oblique muscles at the sides of your body. While lying flat on your back, start with your legs perpendicular to the floor; now spread them as wide as you can, then close them, crossing one leg over the other as far as possible. Bring them back to

the original position for 1 rep. This is a wonderful exercise! Please don't neglect it. Try to do two sets of 25.

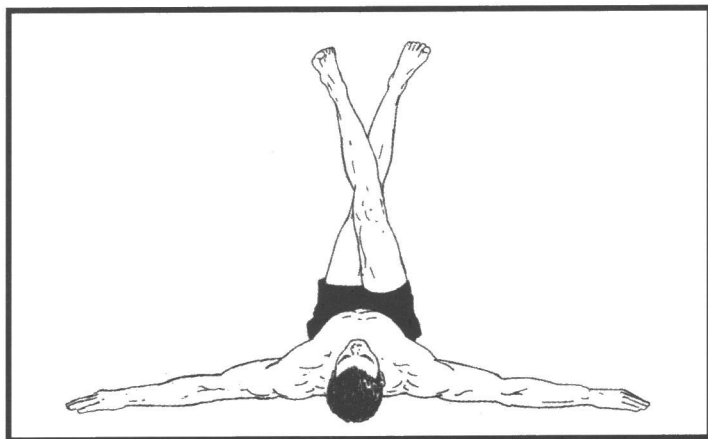
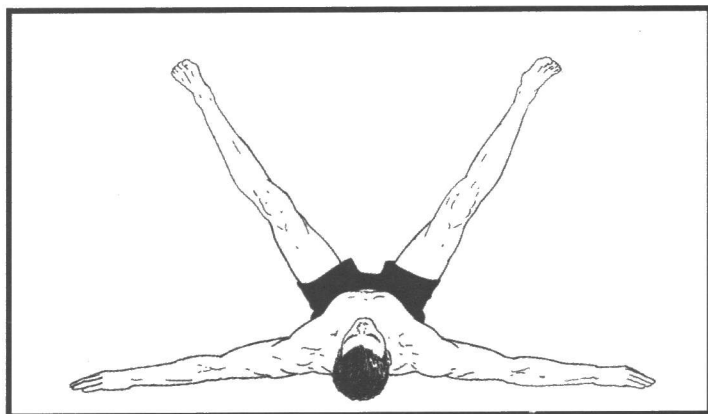


Fig 9. Leg crossovers

Step 10 for Personal Strength and Power SQUATS

Squats work the quadriceps muscles, which are located at the front of the thighs. Do these slowly, holding on to a chair, desk, or something sturdy for support if you need it. Keep your back straight, and if I were you, I wouldn't sink down as far as I do in the illustration (my knees can take it; yours might not). Sink down only until your thighs are almost parallel to the floor, then stand back up for 1 rep. Try to do two sets of 25 reps. If this is too much at first, make it your goal for the end of the first week, and gradually approach it with each day's exercise.

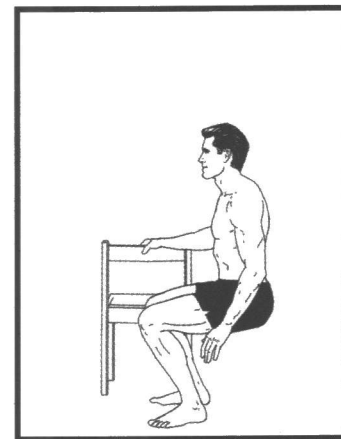
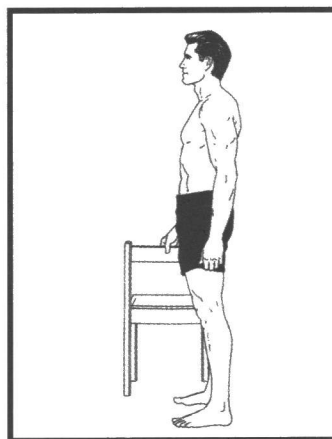


Fig 10. Squats

With these ten exercises, you now have what you need to begin building your own foundation for fitness. The faithful *daily* performance of these movements will build for you a powerful, perfect chest and well-conditioned body. I do not advise doing them all at one time—relax and wait a few moments between each exercise. Some exercises, such as the shrug, you will discover are more beneficial when performed throughout your day. I find that the endorphins and adrenaline released here work as wonderful pick-me-ups, recharging a fatigued body when you need it most.

It cannot be stressed enough that the most important aspect of your physical development is your state of mind. You may need your body and your growing muscles to do the work, but your mind must be strong enough to bring you back to fitness each and every day. While you're exercising, concentrate the mind on what it is you're doing. For example, while doing dips, say to yourself something like this: "I am now building up a magnificent, powerful chest and laying a cornerstone for perfect radiant health, and I will therefore continue this exercise faithfully and

persistently every day." It is not enough to work toward a temporary gain; you must condition your mind to embrace these activities as part of your daily routine, so that no day will feel complete until you've taken care of yourself through exercise. The mind controls the body; this thought will help in your efforts to secure the ideal proportions you desire and will keep the goal in sight, at the same time giving you added stimulation, pleasure, and interest.

You should find a place to do these exercises that works best in your daily life, and perform some of these movements faithfully each morning on arising and others in the late afternoon—but no later than three hours before going to bed. While they, of course, bring into play many other groups of muscles, their primary objective is to build up the strength of the great vital organs, the foundations of the body. In what way do they have this effect? Strength comes from use, and these powerful exercises bring into active play the solar plexus, the lungs, the bronchial tubes, the pulmonary veins, and the aorta and other great blood vessels. While these vital centers are being energized, the old, tiny cells

of which they are composed die off and new, stronger cells take their place. In this way, your body is ever kept in a state of renewal, for you are constantly building up a new body of strong, firm, healthy tissue. Remember, your objective is to train, not to strain. Don't be too enthusiastic at the start and give up later. Be patient and keep practicing, and you will get much better and achieve more satisfactory results. You will also find these exercises more interesting if you perform them and all other exercises in front of a large mirror, because then you can better concentrate on the body parts that are being strengthened.

Practice these movements carefully, without hurry. Never pass a day without performing them. *You cannot get strong merely by reading about it.* I am showing you the easiest, quickest, and best ways to secure better health and strength together with muscular power and beauty. *It is up to you to apply the methods you are taught.*

HOW TO STORE AND INCREASE ENERGY

Another one of the secrets of my own success in health, strength, and physical perfection is that I pay special attention to secure sufficient, sound, undisturbed sleep. Sleep is nature's restorer. During sleep, the muscles relax and rest, the organs recuperate, and the brain and nervous system gather fresh strength, storing up increased energy. This is just what you want. Remember, assuming a wakeup time between 6:00 and 7:00 A.M., the two hours spent in sound sleep before midnight are worth four hours after midnight. You can get the same benefits from an extra hour's worth of sleep in the morning by going to sleep a half hour earlier in the evening, so go to bed early—every night. If you don't feel fully charged and ready to go upon waking, it's up to you to modify your routine. Late hours are actually injurious. You may not notice the effects of staying up late now, but the time will surely come when you will regret it. One of your principal objects in taking this course is to increase your energy. One of the most effective ways of doing so is by getting sufficient sound sleep nightly. This is why I do not recommend exercising within three

hours of going to sleep. Exercise triggers the release of epinephrine, which can have an alerting effect and raise your body temperature.

Make the habit of going to bed not later than 10:30 or 11:00 P.M. each night. Realize that your health should be your first consideration. Better health ensures a longer life, with more time to enjoy the pleasures of living. If keeping late hours results in you getting off to a slow start the following morning, then you will waste a better part of your day trying to catch up to where you should be had you fully recharged. Describing yourself as “dragging” when you haven’t slept enough is an accurate description, as you are exerting a greater amount of energy to accomplish the same goals as someone who slept properly the night before.

Go to bed early. Even if it seems to be a sacrifice, it will pay you in the end. Before you go to bed, have a good wash and get rid of all the day’s accumulated dust and dirt and grime. This practice will also induce a more sound slumber. Upon getting into bed, absolutely relax every part of the body. Sprawl your legs and arms out. Rest your mind and consciously relax your head, neck, shoulders, chest,

arms, hands, abdomen, thighs, legs, and feet. Make them become limp and lifeless. Learn to let go and avoid all tense stiffness. If you’re having difficulties, one technique is to consciously tense all your muscles at once, so you can feel the release as you let go. Then try to make your mind go blank. Blot out all worries, fears, anxiety, and thoughts of business, finances, and other personal affairs. You go to bed to sleep, to recuperate, to rest, and to gather fresh strength for the coming day, not to brood or worry.

Your day is done. Forget it! Before falling asleep it is helpful to hold in your mind’s eye the ideal you wish to attain. Just think of yourself as being strong, healthy, and perfect—free from all weakness, disease, and suffering. Saturate your mind with pleasant thoughts. During sound sleep, the unconscious mind is working and acts on the thoughts that weigh heaviest on you, often culled from those entertained just prior to going to sleep. These thoughts have a powerful influence on the body. So you see, if you take your troubles to bed to brood over, you are not going to improve your health in any way. That’s why I strongly urge you to think

thoughts of health and strength. Hold in your mind's eye the ideal of your own human perfection, and day by day you will assuredly arrive nearer and nearer to your goal.

Keep your sleeping room neat and tidy. Make it attractive and clean. Above all things, see that your sleeping-room window is open at all times and that you are breathing a free and uninterrupted supply of pure, cool air. You need pure air at night just as much as during the day. Avoid a severe draft or a freezing atmosphere, as well as a hot room. Keep the temperature of your bedroom and all other rooms between 50 and 70 degrees. Sleep on a fairly hard, stuffed mattress and a light pillow.

Get up immediately on awakening—providing you wake at a reasonable hour. Don't dillydally! Get up! If you linger in bed and hesitate, you are weakening your willpower with the tendency to start the day all wrong, slouching through it with no conscious aim. As an additional exercise to strengthen your willpower, I insist that you get out of bed and start your day promptly on waking. It may require a big effort the first few times, but there is consolation in knowing that with each repetition, the act becomes easier.

PRACTICAL SUGGESTIONS FOR BUILDING MAGNETIC POWER

A magnetic individual attracts good company and is socially grounded. I aim to make you powerful, graceful, and magnetic. I am here offering you very valuable information to make your personality more complete in every way. Personality is of great importance today. The man or woman with a good personality is sought as a friend by everyone. They are given the best positions in their careers and thought of first for increases in salary.

To be successful you must be persistent, and the first secret of persistence is a good start. You have started this course because you desire health and strength. Constantly review the motives you had in taking up this system. Never work at cross-purposes. Here you will be given advice to achieve the results you want. At all times, therefore, review your various habits and make sure they are in accord with the health-promoting principles of which I am advising you.

As an additional means of mental and physical uplift, I suggest that you give careful attention to good grooming. How you present yourself may make all the difference between failure and success.

Care of your clothing and personal hygiene certainly contribute to your overall presentation but also your general mannerisms and social skills. Avoid mental waste. By this I mean do not waste your time on things that you know in your heart are of no value. Just as you control the food your body intakes, you can control the thoughts you devote your mental energies toward. Do not listen to idle talk; keep your own counsel. Listen for advice and constructive criticism, and go steadily from one success to another. You will take pains to develop your human machine—your body—to a state of perfection, until you arrive and become a master of people because you have learned to become master of your own body. *Aim to develop strength of character as well as strength of muscle. Make discipline an ally rather than an enemy.*

Kindly read that last sentence again. Saturate yourself with the spirit of this page. These simple instructions, if faithfully observed and followed, will have a profoundly good influence on your life. Because of their simplicity, do not neglect them. After all, the methods I am teaching are a natural and better way of living so that you may become healthy, strong, and magnetic.

Now start with the Dynamic-Tension® exercises I described earlier, especially the dipping exercise. Do it as many times as you can, then relax awhile, and do it again. Remember, I do 200 dips daily—see how many you can do without straining.

This concludes your special introductory lesson in Dynamic-Tension®. I sincerely invite you to enroll in my complete twelve-lesson Dynamic-Tension® course to further enhance your training and bring you a strong body, mind, and spirit.

Yours for Perfect Development,

Charles Atlas

Charles Atlas

BONUS BOXING LESSON

A WORD OF CAUTION:

WHEN PRACTICING THESE MOVES WITH ANYONE, MAKE SURE THAT NO DAMAGE IS REALLY DONE TO EACH OTHER BY ANY VIOLENT PUNCHES. THE OBJECTIVE IS TO LEARN THE TECHNIQUE AND FORM WHILE INCREASING STAMINA, NOT TO HURT EACH OTHER AND/OR KNOCK EACH OTHER OUT. IF YOU ARE QUICK ENOUGH TO LAND A "PULLED" PUNCH, THEN YOUR TRAINING IS IN THE PROPER SPIRIT.

INTRODUCTION

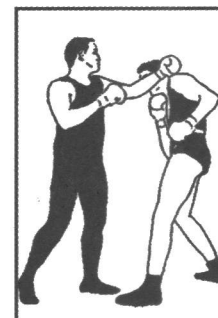
The greatest feature of modern fisticuffs is speed. A slow man has no chance against an expert fighter today. The hard punch, capacity for taking punishment, and skill in feinting and ring craft are all eminently useful, but all these assets are entirely dependent on speed. This is why boxing can be adapted into such an effective fitness routine. If a man can attain the quickness and stamina necessary to maintain his footwork and composure for the

equivalent of three rounds with a punching bag (three 3-minute sets), his cardiovascular health will be well on its way toward an ideal state.

The objective of boxing-style training, especially as you first begin, is not to throw all your might behind wild punches in hope of a knockout. The principle behind using these techniques for fitness is to keep your body moving and in good form as you apply the various punches we will soon discuss. Those of pugilistic skill understand that they will not be afforded the time to set themselves in order to let go with all their force. They must be on the move all the time if they are going to win their battles, and to let go at every opening from any and every position in which their arms may be.

The modern champion has to avoid standing flatfooted when he punches, and must cultivate the knack of deriving hitting power from his toes. Practice getting about on your feet as much as you can. Give your attention to shadow boxing when alone, shifting your weight from left to right as you go. Get into the habit of being able to change your feet smartly, to ultimately be able to slip and slide away from a man who comes at and after you, to sway your body out

of the reach of a punch. Always avoid a punch rather than stop it, save, of course, when you would get yourself into a bad position by doing so.



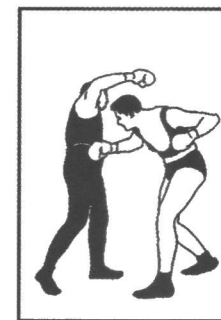
The boxer on the right (tank top) pulls his head out of the way to avoid his opponent's left punch.

Today a man will win more battles with his feet than he will with his hands. He also wants to be able to punch, of course, but his chief reliance must be on his quickness of movement. And where the modern boxer is most superior to the man of the past is in his very ability to hit hard, hit quickly, and move quickly.

THE ESSENCE OF RING CRAFT

The essence of ring craft, the main thing a boxer wants to effectively take advantage of, is the ability

to make one's opponent go faster than he is in the habit of doing. A yard or two faster, to use a footracing term, is all that is needed. That will rob a man of his wind and of his strength. He will not only lose his punching power, but also his resistance to punching, too. This is why building stamina is such an important part of the process. It is achieved through hours of practice in the ring, and can further be augmented with regular jogging and running expeditions. Whether you're by yourself with a punching bag or in the ring with a sparring partner, think of the stamina you'll build as a savings account, accumulated through the efforts of your training, the funds of which must now be budgeted to outlast your opponent (while by yourself, your opponent is of course the clock—ticking along with your exertion). When a physical opponent wastes his energy throwing wild punches, his breathing gets troubled and his mouth is apt to hang open; he can't set his protective muscles as he would like to, and so your punches will hurt him in ways they would not otherwise.



The boxer on the left's wild punch is avoided by his opponent's quickness. With his adversary left unprotected, the boxer on the right can now answer the initial attack with a blow to the ribs.

This is where the benefits of a boxing program will pay off. The obvious gains to your self-defense skills and confidence are immeasurable, but the revitalized man, whose life has been uplifted by the rewards of the sweet science—as boxing is occasionally referred to—knows and understands how important his personal energy is and is therefore responsible with it, choosing not to waste it on unworthy activities. It is a principle at the heart of everything I have tried to pass on to you: *Determination and self-discipline bring out the elements of a man's character that give him the mental strength to perform the physical acts necessary to allow his body to reach its fullest potential.*

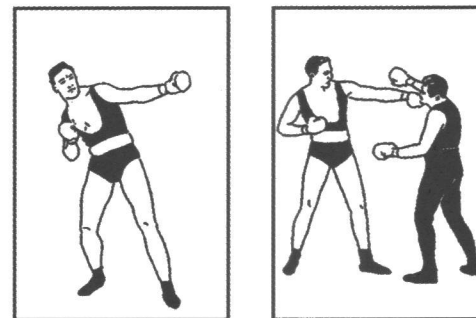
OUTFIGHTING

As every boxing contest must necessarily commence with long-range work, though the range at which the exchanges take place will vary to a considerable extent, the science of self-defense should equally first be approached from the standpoint of outfighting.

Strictly speaking, outfighting, as it is called, comprises most of the real art and science of boxing, just as the close work approximates the fighting or struggling element. The more skillful a boxer really is, the more he will adhere to long blows. It is the prettier part of the game from an artistic point of view, and if a man is really strong in this department, he can readily assure himself of victory by sticking to it and steadfastly refusing all invitations to come in and mix things up.

As stated, every young fellow who thinks of taking up boxing, either as a profession or for the pure sport of it, should devote the vast majority of his attention to quickness, both of foot and hitting power. The quickness required to avoid a punch is valuable in and of itself, but especially for the contest at hand. First and foremost, you save your

arms by avoiding, for if you need to stop a lot of blows in the course of a fight, you will soon feel the jarring and numbing effects of doing so. Try if you can, when sparring or seriously boxing with an opponent, to keep your left arm straight out toward him, in such a position that by just shooting it out an inch or so—that is, by merely straightening the elbow and wrist—you can jab him sharply in the face.



Boxer standing with his left arm extended; he uses his extended left to jab his opponent in the face.

You may, of course—and indeed should—at times take your fist away from the neighborhood of your opponent's face. Don't always be threatening that jab or stab, for if you do, you will only get him used to it, and he will be pretty well assured as to

what is likely to come. Dance away a trifle, and bend your arm as though you were going to hook at his head or body. Put a hook in now and again. Change your feet and give him the right so as to leave him uncertain as to your method of attack. Let him have both hands all sorts of ways. But first, always rely pretty extensively on that left of yours, both for attacking purposes and for keeping your opponent at a convenient distance.

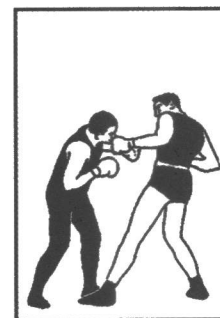
THE USE OF THE STRAIGHT LEFT

With the rise of the American school of pugilists, it has become fashionable with many boxers to shape up with both hands advanced, and to lead off with either. This style certainly does possess one little pull of its own, in that the man who boxes in this fashion can swing or jab as he likes without betraying his intentions to any very marked extent, but the man who adopts this method robs himself of much of the aggressive value of his left, and of nearly the whole of its defensive qualities.

The man who plays the straight left can almost firmly rely on being able to keep his opponent at the distance he wants him to be. He, of course, needs to

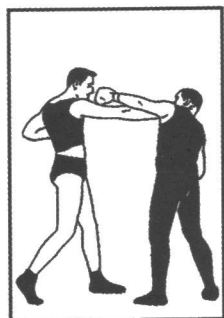
be quick on his feet so as to be prepared for a sudden rush or charge, but he can jab his opponent when and where he wants to jab him, and can also prevent his opponent from coming into dangerous close quarters, where accidents are always liable to happen.

In the case of a man who is shorter than his opponent, and who cannot, therefore, possess the advantage of forcing him to hit upward and consequently with less force to the jaw, it becomes rather necessary to drop the chin into safety, but then the careful practice of judicious ducking will assist in keeping the head out of danger. When one has to stop a blow, one should always try, if possible, to block the arm.



The shorter combatant's failure to keep his chin down leaves him open to his opponent's left.

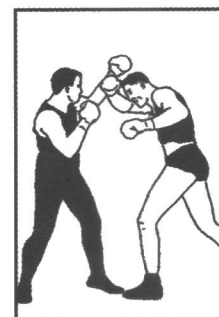
One may not succeed in getting in the shoulder push at precisely the right moment, or one may miss the shoulder altogether, and then—well, the punch that comes along as a result isn't usually a pleasant one. On the other hand, when one keeps a distance and forces the other man to step in, one usually has the time to get the arm block in. You have the whole length of your arm to use as a shield, and most of the length of his to block, so you really must be uncommonly clumsy to miss.



The blow of the boxer on the right is deflected by his opponent's right.

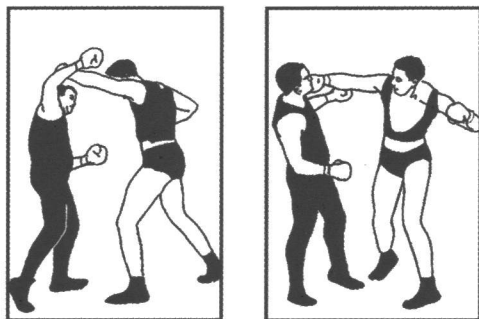
When your opponent is working pretty close into you, it is as a rule advisable to keep fairly close in touch with his arm in much the same fashion as the fencer follows his adversary's foil. You know

that old swordsman's maxim: Never lose touch of your opponent's weapons.



The boxer on the right checks his opponent's extended left with his right.

You can and should at times stop your opponent's arm with your hand. There is one very good point about that hand stop, by the way, which is that as your man usually will be slightly off his balance at the moment, your push will naturally disturb him some more, and therefore probably leave him very much open to a thump from your other fist.



The boxer on the right stops his opponent's right with his left; after defending himself, he pulls back his left and thumps his opponent with his right.

By the way, this is a very useful move if you can cultivate it. The boxer who wishes to become a champion should always have a punch ready and be prepared to strike, should the other man stumble or overreach himself at a totally unexpected moment.

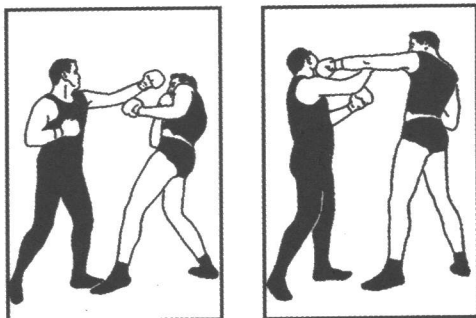
THE GENTLE TAP

Never be in a desperate hurry to send your opponent to sleep. Watch your opportunities, and remember the old proverb about the constant dripping of water that wears away a stone. Keep tapping your adversary with your left if you can't punch him, particularly if you detect that nasty

gleam in his eye, which indicates that he entertains the idea of coming in to pulverize you at short notice. In such cases, he is generally burning with a desire to get right on top of you. You may fancy that this will be just where he will fall down and hurt himself, and that at close quarters, you can rest assured that you will come out easily first. But unless you have accurate knowledge that you are absolutely right in this opinion (and it is only on very rare occasions that you can have anything of the kind), it is far wiser to peacefully get away, and confine yourself to giving him a series of reminders that you are on the premises by tapping him in the face as he comes along after you.

These taps hurt when they get home, let me tell you, and if you have practiced the art of using a straight left at all assiduously, you will find that you will be able to stab to the face almost as often as you want. For one thing, your average assailant who is coming on so full of fire and fury has mostly forgotten the necessity of keeping himself well protected. He may, of course, come in covered up—that is to say, with both gloves protecting his head and ready to uncover when he has charged into you,

but in that event, even though you may not be able to penetrate his defense, you can generally go around it easily enough.



The boxer on the left's aggressive tactics are nullified by his opponent's quickness; the boxer on the right comes in with an extended left around his opponent's defensive pose.

TURNING A MAN'S HEAD

There is another left-hand blow that is useful. A man who wants to do well at the boxing game can do a lot worse than give this move a fair amount of attention. The force of this punch, too, is derived mainly from the wrist, assisted by the leg muscles. It can be used in various ways, and indeed should be put in, as should every other punch, with as many variations as possible so as to avoid the risk of letting one's opponents guess what is likely to

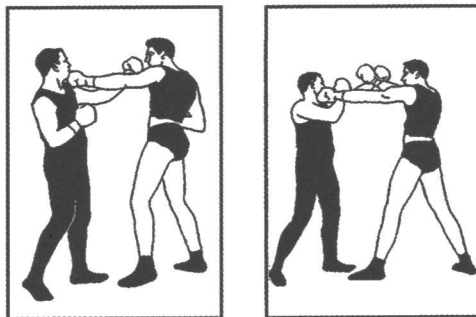
happen and thereby get prepared for stopping or countering your move.

You can let it go at first as a left hook for the right of your opponent's chin, but delivered so as to just miss connecting with it. Then, as your punch travels across in front of his mouth and brings him onto you, encouraged by your miss, snap it back sharply on the left side of his face. Repeat the blow with another backward snap of the wrist, if you can, and you'll find that you have annoyed him considerably. You may even be able to assist the effect with yet another jab higher up, so as to snap his head back and bring his face open for a useful right-hander.

The right-handed blow, when sent out as a direct hit and not as a counter, of course, carries a certain amount of risk, so it is always best to be as sure as you can reasonably be that you will get it home where and when it will do you as much good as you want it to do.

It is for this reason that I advocate the practice of these little side snaps. The man who is continually getting flicked in the manner described, or who gets other flicks or direct stabs on the left

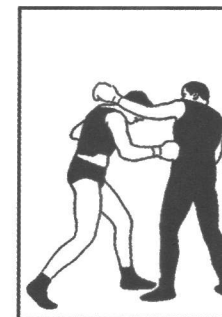
side of his chin, will gradually make a half-body turn to the right, especially if he is, as he should be, coming forward to you at the time. This will expose his right side to you, and then you can get your right to work in the way you think likely to pay you best, either as a straight right drive, as a right hook direct for the jaw, or by stepping in with that most useful of all right-handed blows—not least because it is a double one—the under-and-over right to the ribs and jaw.



The boxer on the right comes in across his opponent's chin; he snaps his wrist back to complete the maneuver, raising his right to cover his unprotected side and position himself for the final blow in the combination.

THE UNDER-AND-OVER RIGHT

You can let this go on numerous occasions. There is the way previously described, or you can go straight in with it. But when you do the latter without having prepared the ground, it usually is best to do so when your opponent has let go and missed with the left lead. Say that he has sent a left straight at your face; you duck it and step in close, giving him your right good and hard in the ribs.

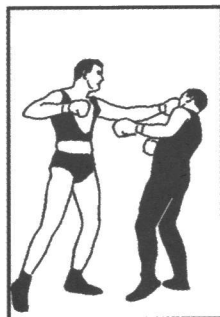


The boxer on the left takes advantage of his adversary's overzealousness and uses his speed to come directly at the other man's ribs.

Your adversary's ribs will be pretty fully stretched at the moment, so you can be fairly confident that your punch, when it gets there, will make him gasp and cause him to lurch forward a trifle. His left arm

may go up or down. It doesn't matter much which, as in either case, his jaw will be exposed.

You'll learn to trust your instincts to recognize the effect of your punches. Should his arm drop or rise, it may or may not make a difference in your next move—these are signs that you will learn to recognize. It may pay you best to pull out, come around, and hit over his left for the jaw, or it may be better to shoot your arm up inside his to the point.



The patience of the boxer on the left pays off, as he is now clear to bring a powerful blow to his opponent's jaw.

CONCLUSION

Study very carefully the illustrations showing the different positions. It is best to practice the blows with someone so that you can learn to time them properly, but most important for your fitness needs

is to never neglect your footwork. Three rounds of continuous footwork against a bag should be your initial goal, before moving on to greater lengths and sparring partners. Just as you will look to build on your stamina, you may need to build it up as well. Go as long as you can without straining yourself, and then working every other day, gradually increase your workout time to either meet your initial goal or surpass it. You should be able to handle a minimum of three rounds before bringing a sparring partner into your routine.

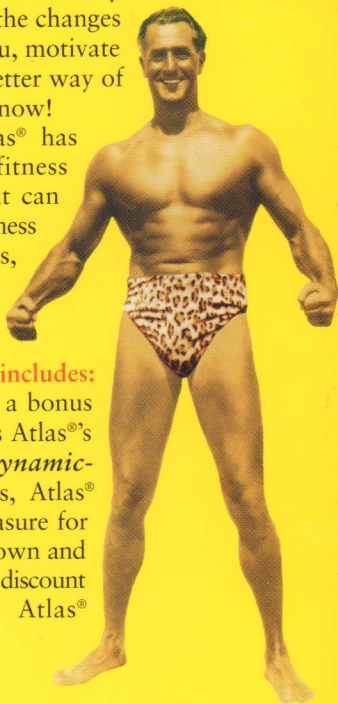
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BICEPS

17 IN.

NECK

17 IN.

CHEST NORMAL

47 IN.

WAIST

32 IN.

FOREARM

14½ IN.

HEIGHT

5 FT. 10 IN.

THIGH

23¾ IN.

WEIGHT

180 LBS.

CALF

16¼ IN.

MEASUREMENTS OF CHARLES ATLAS

Showing how grace, strength and symmetry may be combined

This is an actual photograph of Charles Atlas—just as the camera took it, without "retouching" by an artist, or changes of any kind.