

DEVELOPING A MIGHTY CHEST

by George R. Weaver
and David P. Willoughby

A complete and up-to-date book on developing and strengthening the chest back, lungs and pectoral muscles.

Lavishly Illustrated

With wonderful photos of men who have succeeded in developing large, powerful and shapely chests. Numerous exercises all thoroughly explained and illustrated.

New Methods Revealed

Learn the secret methods and training routines of famous men and how they developed a larger and a more powerful chest, filled full of vital strength and energy, which every real man should have. All this is described in this great book.

Learn The Real Truth About Chest Measurements

What shall your chest measure to be perfectly developed? What is the limit of muscular chest size that can be attained for your bony framework or your height? What are the real chest measurements of famous athletes? All these questions are thoroughly answered in this unusual book. You will find information here that you can not find anywhere else.

SOME OF THE SUBJECTS DISCUSSED WITHIN THIS BOOK

Chest Development
The Muscles of the Chest
Enlarging the Thorax
Developing the Breast Muscles
Developing the Upper-Back Muscles
The Importance of Posture
How To Exercise for Chest Development
The Truth about Chest Measurements
Specializing for Chest Development
How To Breathe Properly for a Larger Chest
Various Methods on How to Develop The Chest
Ideal and Maximum Chest Size
Exceptional Chest Development
Extraordinary Chest Development/
Phenomenal Chest Development
Maximum Muscular Size of Chest
Chest Expansion of Famous Athletes

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STRONG MEN ON PARADE

(Continued from page 5)

have I seen an athlete walk across the stage as gracefully, as nonchalantly, with so much showmanship, and actually have the audience applaud for it, as they did for Massimo."

The boy whose day-dreams made him a gladiator actually became one. He joined Ringling Brothers Circus as a strong man; he tore telephone books in half, bent sixty-penny spikes and balanced a heavy fire-engine wheel on his chin. Supporting a piano and four men in the Tomb of Hercules position and lying on his back and supporting heavy weights with his arms and legs with men seated thereon and other impressive stunts earned him the name of Modern Hercules—a name which has identified him ever since.

World War One interrupted his professional career but his fame spread, as a soldier, in the United States Army. J. C. Weaver, Physical Director Y.M.C.A., in Trench And Camp (edition for Camp Gordon, Georgia, February 3, 1919) said of him: "The title of 'scholar and gentleman' is quite applicable to Sabatino. He is not only an athlete. His splendid moral character and his willingness to be of service command the admiration and respect of those who know him."

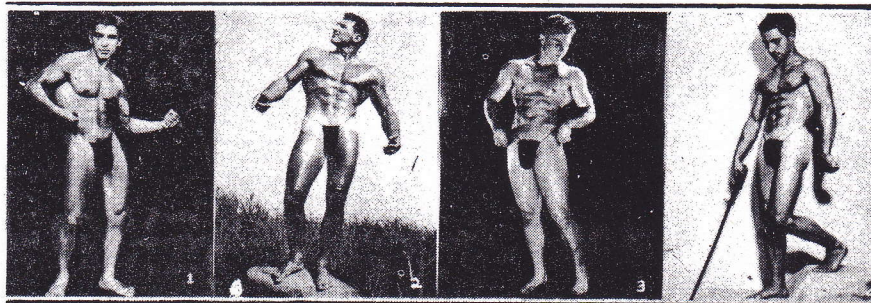
He turned his attention to stunts in equilibrium, tumbling and strong man stunts, which he performed in Broadway shows, in New York, over a pe-

riod of years. With his partner Foley, a noted stage athlete, they were featured in all of the major vaudeville theaters throughout the eight years they were together, and appeared for long engagements at New York night clubs such as the Palais Royal, Shanley's and Reisenweber's.

He took advantage of the popularity of adagio acts and teamed up with Miss Lois Long, a pupil. His partner, standing on one foot, on her toes, otherwise unsupported—on his chin, is a sample of the quality of act that made their presentation one of the highest paid in vaudeville.

His, has been a long and interesting career. Again, a war interrupted his peaceful pursuits. World War Two found him doing his bit for his country and this time, not young enough for soldiering but still robust and strong, as a guard at the Lake Ontario Ordnance Works, at Youngstown, New York. He attracted considerable attention there and was written-up in the plant magazine and Curtiss-Wright newspaper, which said, in part: "At 54, he can still make amazing demonstrations of muscular strength and can throw a man by a twist of his wrist through jiu-jitsu tactics."

I am proud to number Massimo among my friends. I have often made reference to him in my anatomy articles because he seemed to have amazing muscular development in every part. He continues to prove an inspiration to our youthful readers. We salute him—a Modern Hercules.



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