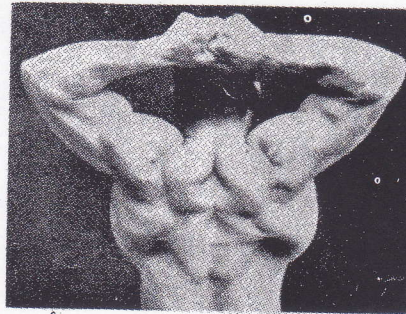
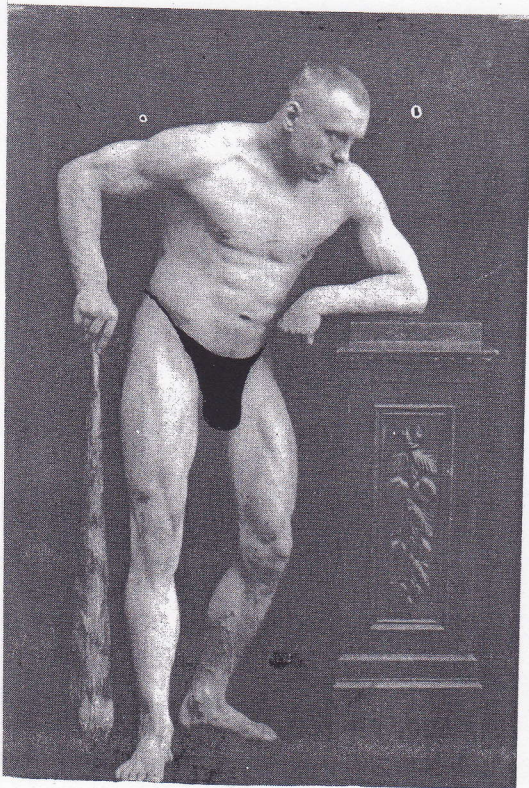


A very rare photo of Eugen Sandow taken as he performed his famous Gladiatorial Act and published in MUSCLE POWER for the first time in any physical culture publication. The father of Modern Weight training, the great Sandow was an intimate of author Van Diggelen.

Max Sick's amazingly symmetrical back development. Of him the author says:—
"Max was the most extraordinary example of mind over matter I have ever seen."
The great Sandow said of Max Sick.
"You can tell the world he cannot be improved on."



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◀ The Russian Strongman-Wrestler, George Lurich. Tromp Van Diggelen tells some amusing stories of his association with this outstanding Mat Man. "His stage show was amazing and the first I ever saw when I was a boy."

George Lurich is alleged to have ▶ scored a victory over Hackenschmidt when both were in their teens. A rough, tough mat man, who feared no one. It is the opinion of author Lurich could have beaten Gotch on a mat.

