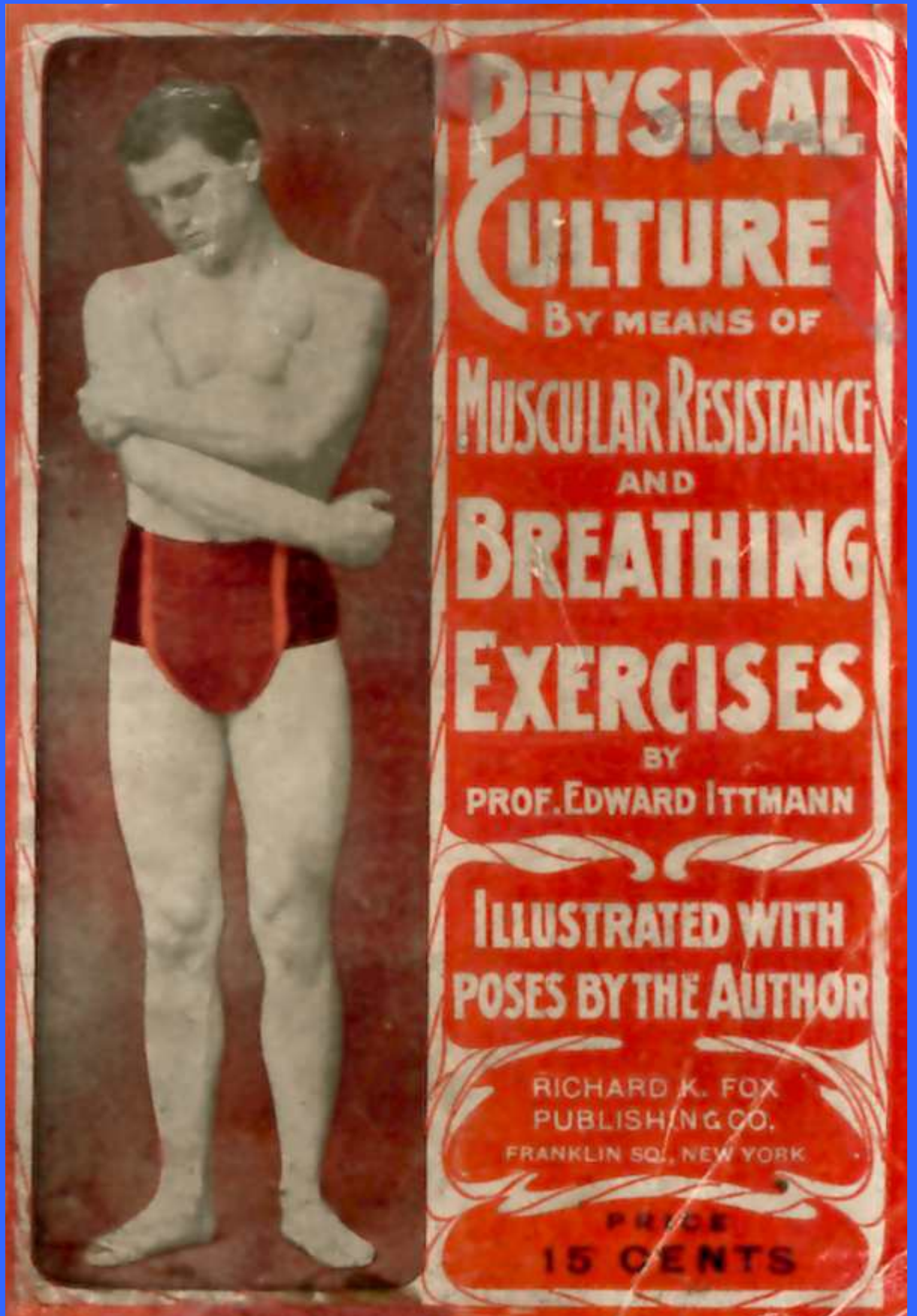


Physical Culture by Means of Muscular Resistance and Breathing Exercises

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Physical Culture by Means of Muscular Resistance and Breathing Exercises





RICHARD K. FOX.



# *PHYSICAL CULTURE*

BY MEANS OF  
**MUSCULAR  
RESISTANCE**  
AND A COURSE IN  
**CORRECT  
BREATHING**

By Prof. Edward Ittmann.

**RICHARD K. FCX PUBLISHING COMPANY**  
**FRANKLIN SQUARE, NEW YORK CITY**

## INTRODUCTION.



THE earliest known form of physical culture is muscular resistance—the art of playing one muscle against the other and so developing both. By its use the Japanese have been developing themselves for many years, and, while they are not a race of big men, yet they are a race of physically strong men, capable of great feats of endurance and their athletes can hold their own against any athletes in the world.

In this book is shown all the practical and fundamental movements of muscular resistance and by following it closely remarkable results will follow.

No paraphernalia is necessary, and that is one of the good features—one that commends itself to the busy man in all walks of life.

You can go through these exercises in your bedroom early in the morning, or late at night, if you want to add to your strength and be a man in form as well as in word.

To the athlete they are commended, because they will discover muscles he has never thought of.

Too much cannot be said of the breathing exercises which appear in this book

To breathe correctly is the foundation of health, and too little attention is paid to it by the average instructor. It should be the first thing taught.

There are only six breathing exercises in this book, but they are so thorough that they cover the field.

But practice all the time.

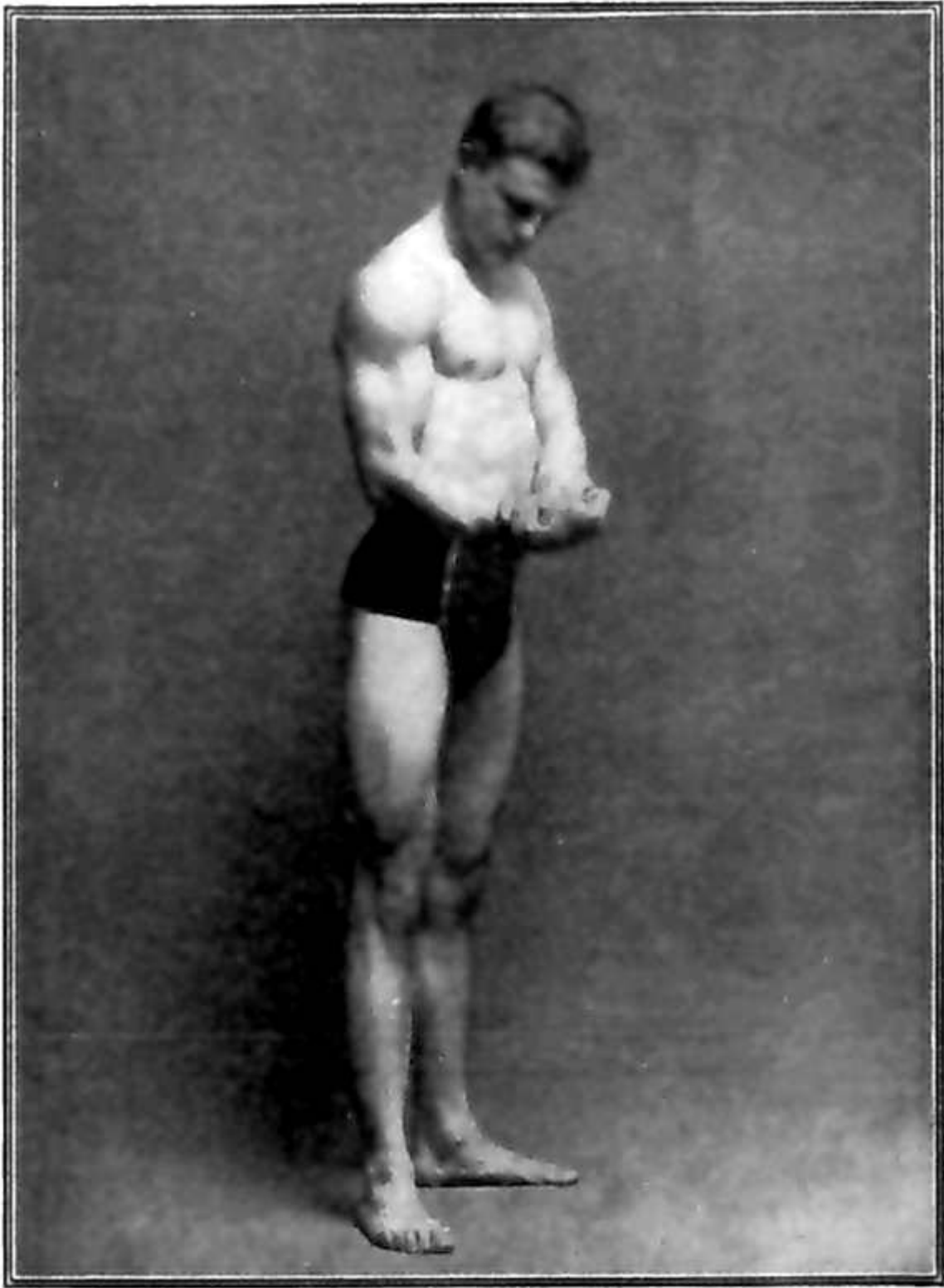


PLATE 1.

### Exercise No. 1.

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Hold the hands and arms in the position as shown in the accompanying cut. Grasp the right wrist with the left hand. Resist with the left hand, while raising the right hand, until the bicep is well contracted.

Repeat with left hand, holding the left wrist with the right hand.

Don't be afraid to put all the strength and force at your command in these exercises, because in that way, and in that way only, will you get the benefit of the best results.

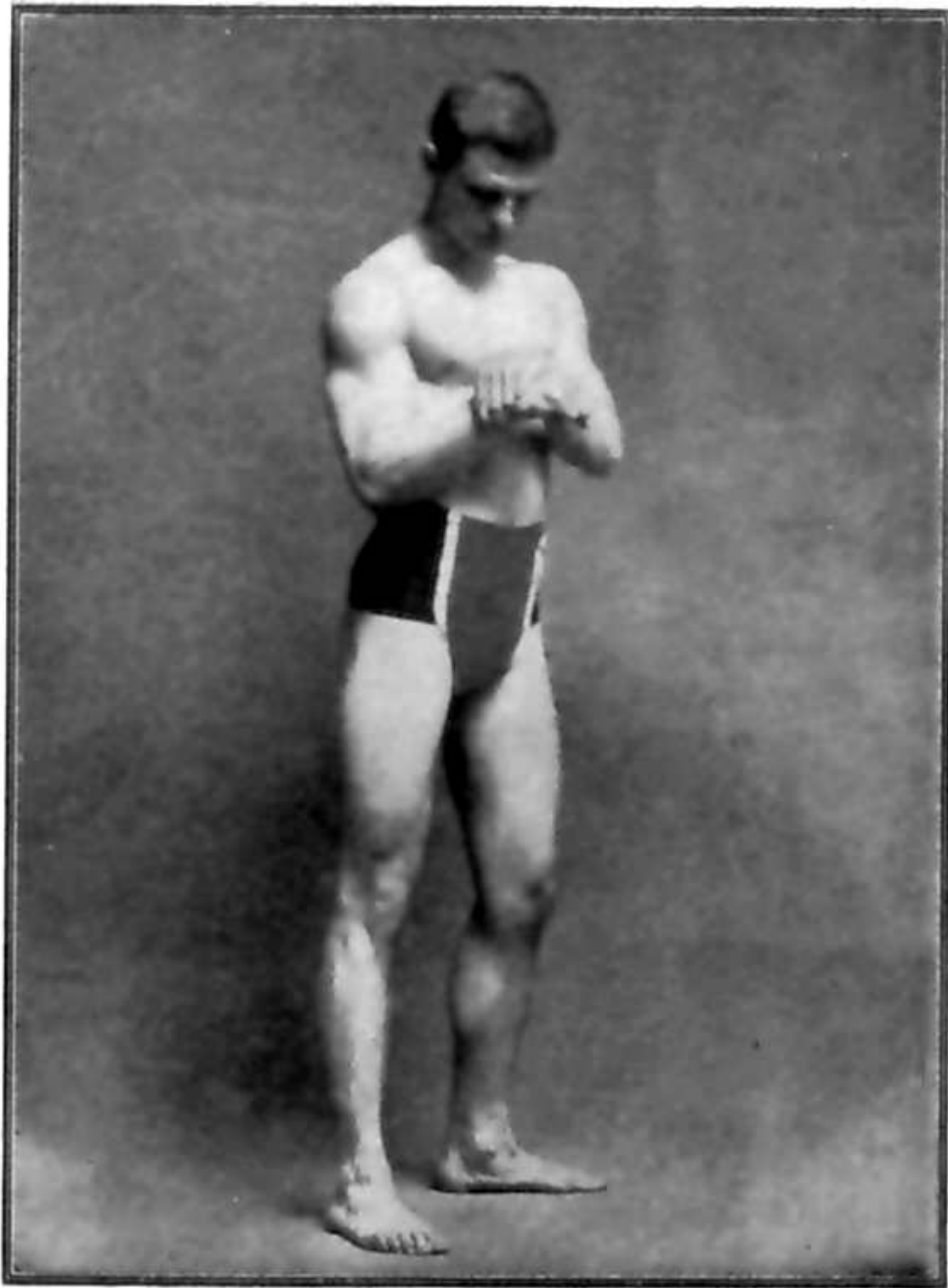


PLATE 2.

### Exercise No. 2.

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Development of the forearm—It is just a simple turn of the wrist, but it develops an entirely new set of muscles. Hold the palm of the hand downward and with the free hand grasp the wrist.

Then resist and try to force the held hand downward. It sounds very simple, but it is a great developer.



PLATE 3.

### Exercise No. 3

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Place both hands together, palm touching palm and fingers touching fingers. Press the tips of the fingers together hard until the palms are separated. Then force back to the original position and repeat.

This exercise will also affect the wrists and forearms, and its great merit lies in its simplicity.

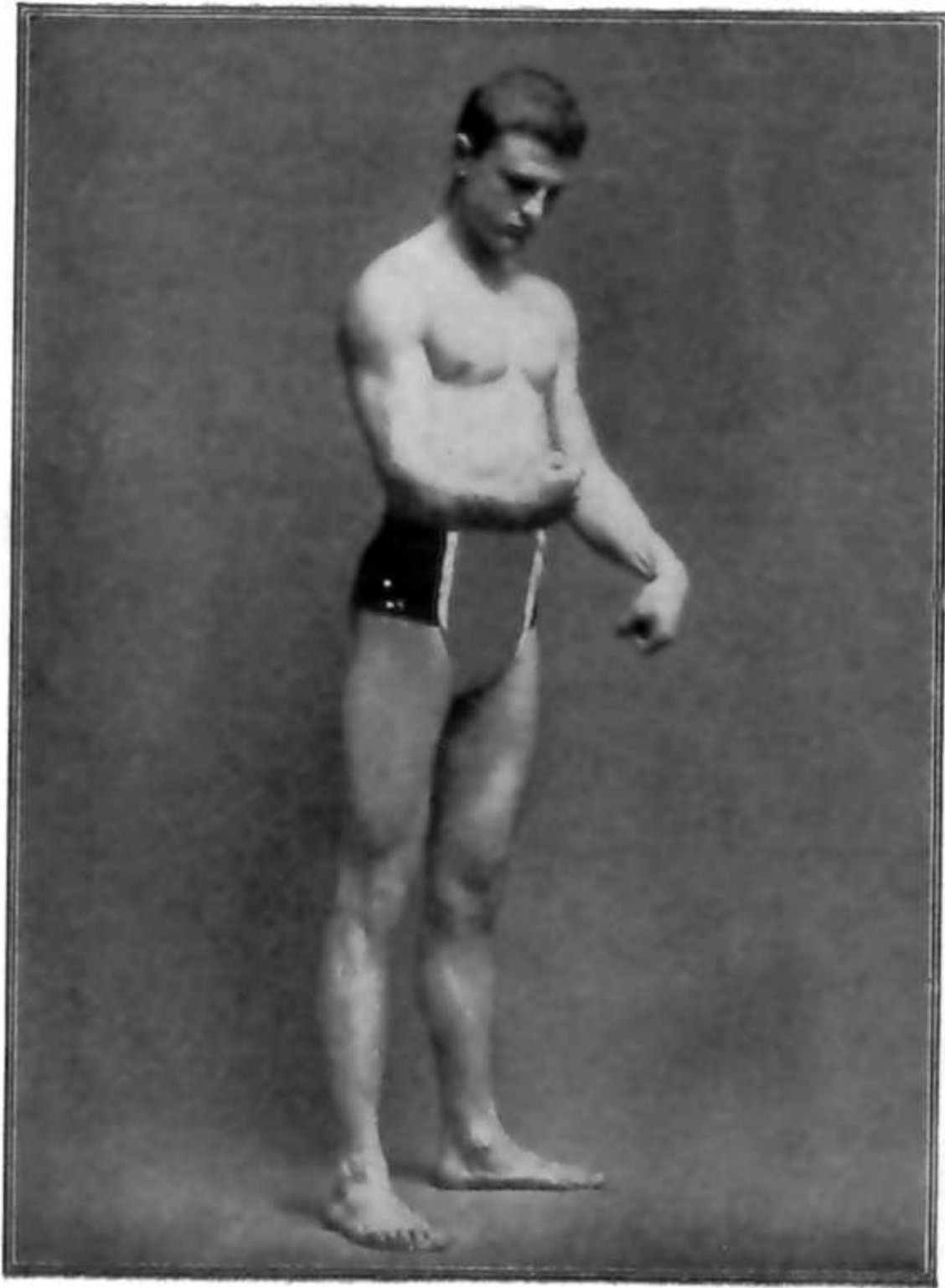


PLATE 4.

#### Exercise No. 4.

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Close your hand as tightly as possible. Then cause the fist to revolve around the wrist as on a pivot. You can work both hands at the same time very easily. This exercise is good for the forearm.



PLATE 5.

### Exercise No. 5.

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Bend the head as far forward as it will go, as if looking at the floor. Clasp hands behind the head, with fingers interlaced. Then resisting with the arms, raise the head to the position as shown in the accompanying illustration.

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PLATE 6:

### Exercise No. 6.

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Stand erect, toes pointing outward, knees slightly apart. Bend the knees until the body is almost resting on the heels, as shown in illustration. Then raise the body slowly, still remaining on the toes, until an erect position has been assumed.



PLATE 7.



**Exercise No. 7.**

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Stand erect and place hand on one side of the head, as shown in accompanying illustration. Try to force head downward, resisting as much as possible. Repeat with the other hand in the opposite direction.



PLATE 8.

### Exercise No. 8.

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Use an ordinary bath towel; hold the ends firmly, one in each hand. Hold it in the position as shown in the accompanying illustration. Then, resisting with each hand, alternately pull it back and forth across the shoulders with the thumb of the outstretched hand uppermost. When one arm is outstretched to its full length the other arm should be bent at the elbow so that the bicep muscle will be completely contracted.

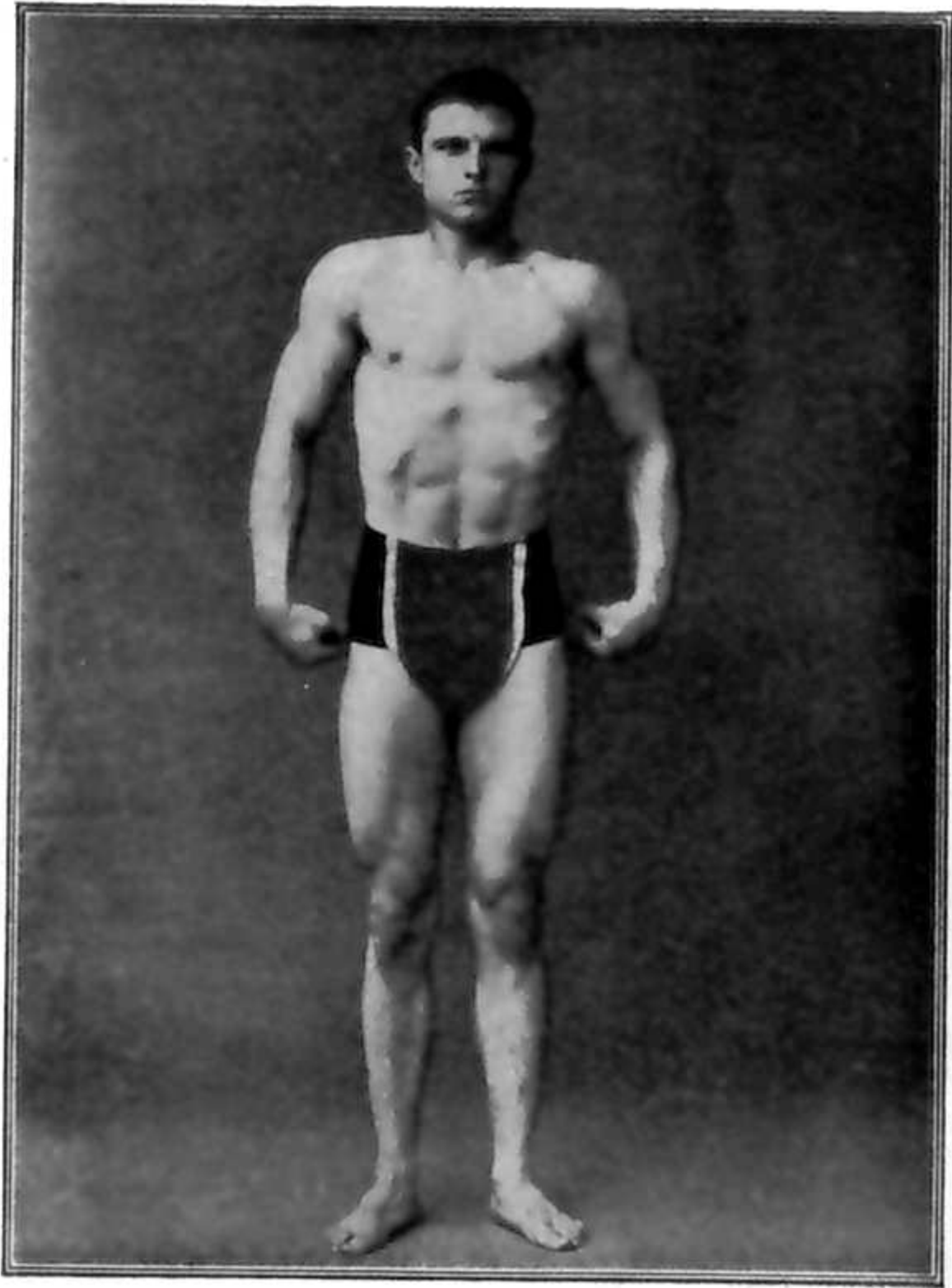


PLATE 9.

### Exercise No. 9.

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This gives more work for the usually neglected neck. It is very simple, but gives remarkable results. Stand erect, clench the fists and shrug the shoulders repeatedly. That is all there is to it.



PLATE 10.

### Exercise No. 10.

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Lay a chair with its back on the floor; grasp the extreme end of one of the legs, as shown in the illustration, and raise the end furthest from you by pressing knuckles firmly against the floor, and using all the strength in the forearm and biceps. Repeat with the other hand. After considerable practice a weight may be placed on the back of the chair, thus making the feat more difficult.



PLATE 11.

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Exercise No. 11.

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Stand erect. Raise each leg alternately in front of body, bending it at the knee, as shown in the illustration. Alternate rapidly. This exercise is similar to a hard trotting gait, and the legs should be raised very high.

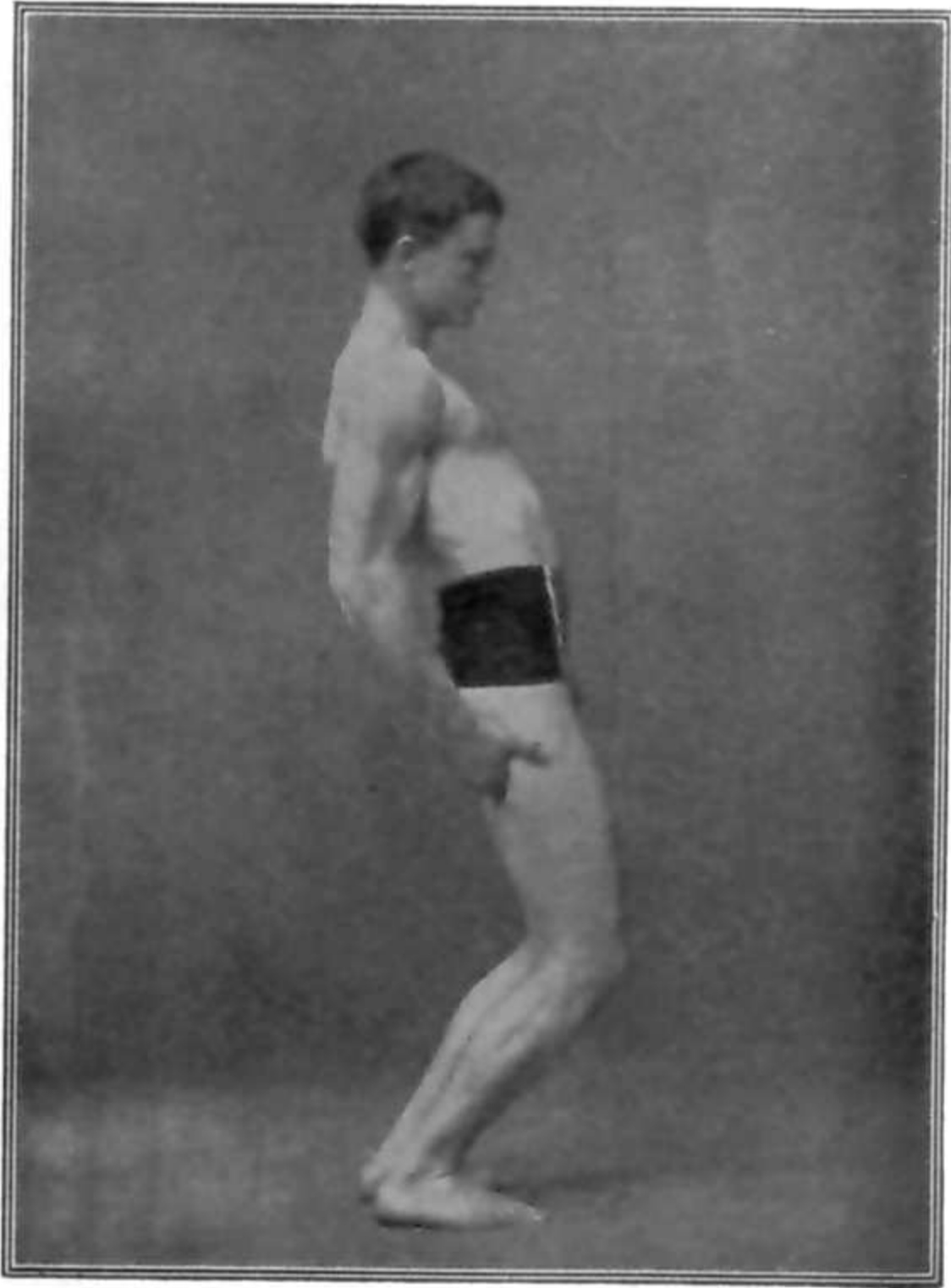


PLATE 12.

### Exercise No. 12.

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Stand erect, placing the hands in the same position as shown in the accompanying illustration. Then bend the knees forward and bring the body as far down as possible without losing your balance.

Return to original position and repeat.



PLATE 13.

### Exercise No. 13.

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Place hands behind until both hands rest on the small of the back; grasp left wrist firmly with the right hand, and leaning body forward, force arms up the back until the biceps are contracted, the right hand resisting the left. Repeat with the left hand holding the right wrist.

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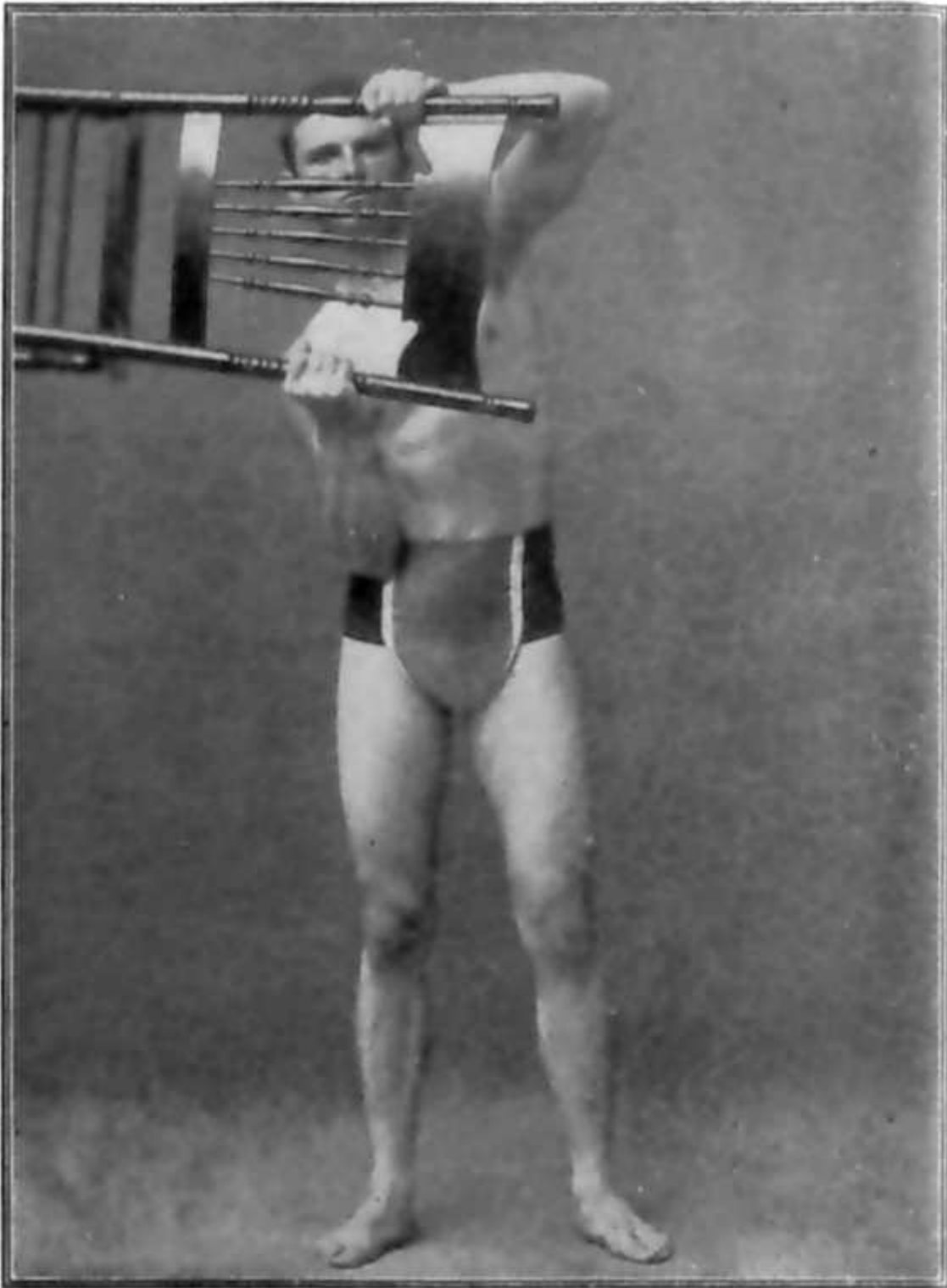


PLATE 14.

### Exercise No. 14.

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Get an ordinary chair and grasp it firmly on the sides of the back as shown in the accompanying illustration. Turn it upside down with the seat above the head. Move it from one side of the body to the other. As the chair inclines to one side of the body, the body should bend on that side in order to develop the muscles.

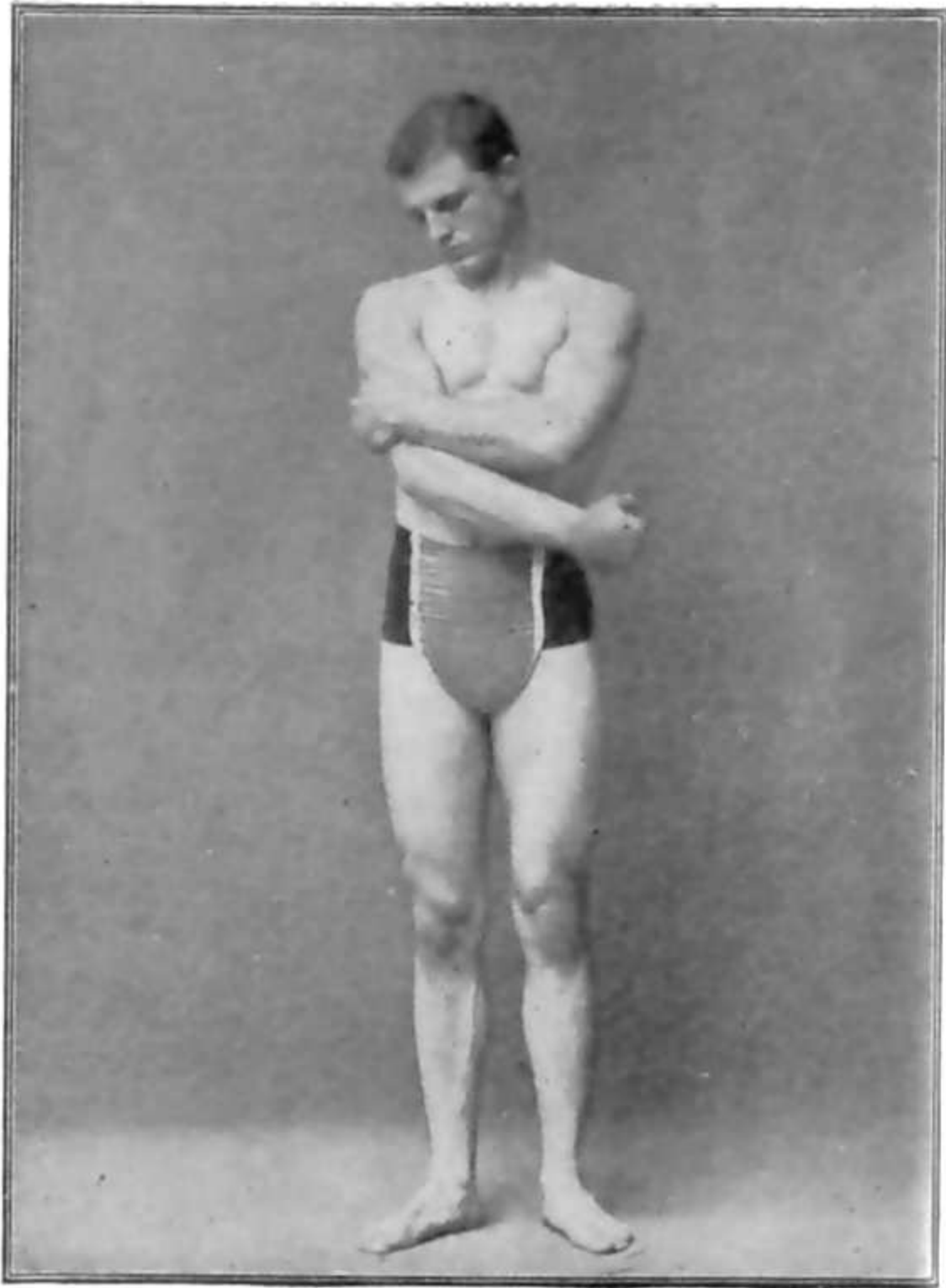


PLATE 15.

### Exercise No. 15.

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Stand erect. Grasp the right arm behind tricep muscle with the left hand, as shown in cut. Hold the right arm close up against the body and pull it over toward the left side with the left hand. The bicep muscle of the right arm should be then pressed against chest muscle, and to lend extra force to the pull given by the left hand, the right forearm should be bent quickly upward by bending at the elbow. The arm should be pulled over until it can go no further, and the exercise should be repeated with the right arm pulling the left toward the right side of the body.

# *BREATHING EXERCISES*

ONE of the most important things to be considered in these Breathing Exercises is fresh air—and plenty of it. Don't exercise in a room where the air is not pure.

The pupil is cautioned to never practice more than ten minutes at a time and not more than three times a day at first and the increase must be very gradual.



### Exercise No. 1.

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Clasp right wrist with the left hand, as shown in plate. With arms in this position, lower them as far as possible. Now fill the lungs as full as you can by taking a full diaphragmatic inhalation. This means to begin by expanding the abdomen, then the whole frame of the body until the chest swells out. Now hold your breath, draw in the abdomen quickly, and hold it in. Now your lungs have become thoroughly filled, which is proper for the first part of this exercise. Resisting with the left arm, pull up the right as high as you can go. If you raise the hand high enough you will work the shoulder muscles, or deltoids, the connecting muscles between shoulder and neck, or trapezus, and the muscles of the neck. In fact this exercise, as a secondary consideration to breathing, has for its object the development of these shoulder and neck muscles, and so should be repeated with the right hand clasping the left wrist.



PLATE 2.

### Exercise No. 2.

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Clasp right wrist with left hand behind your back, as shown in plate. Now keeping this position, stand erect and lower your arms as low as possible. Fill the lungs by using the diaphragm (expanding first with abdomen, then raising the entire frame or diaphragm until chest is puffed out to its limit). Throw in the stomach, resist with the left hand and pull up the right as high as possible, all the while holding the breath. This exercise is good for the muscles of the upper and lower arm and back, besides the chest and lungs.



PLATE 3.

PLATE 4.

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### Exercise No. 3.

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Clench the fist tightly, as though you were about to punch. Bend arms at elbows until both fists touch the shoulder. Now fill the lungs by using the diaphragm (expanding first with abdomen, then raising the entire frame, or diaphragm, until chest is puffed out to its entire limit). Throw in the stomach and punch up into the air as high as you can, as shown in plate. Of course, the breath must be held during the punching, and the action to be beneficial must be very vigorous. This exercise, besides developing the lungs, is excellent for developing those muscles under the arms which look like small wings.

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### Exercise No. 4.

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Stand erect, perfectly natural, with arms hanging loosely by the side. Now hold the hands so that the palms are next to the body. Raise the arms slowly, inhaling as they go up. Be sure to fill the lungs thoroughly. Raise the hands far above the head to the position shown in the plate. Then lower the arms and exhale forcibly.



PLATE 5.

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**Exercise No. 5.**

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**CHEST EXPANDER.**  
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To do this exercise properly it is necessary to fill the lungs before getting the proper position for the exercise. Do this by filling the abdomen first and then expanding the whole frame until the lungs are swelled to their limit. Stand erect, draw in the stomach by means of the abdominal muscles and extend the arms horizontally in front of you on a level with the shoulders until both hands touch. Holding your breath, force your arms as far back as possible (shown in plate) then forward again with rapid movements. Rise slightly on the toes as arms go back. Be sure to hold your arms level with shoulders and hold your breath. Force the arms far back and well in front and do it rapidly. This may be repeated, inhaling as you go back and exhaling as you come forward. If you put some snap in this last part you will learn to catch a full breath quickly when in violent action, as in wrestling, boxing, etc.

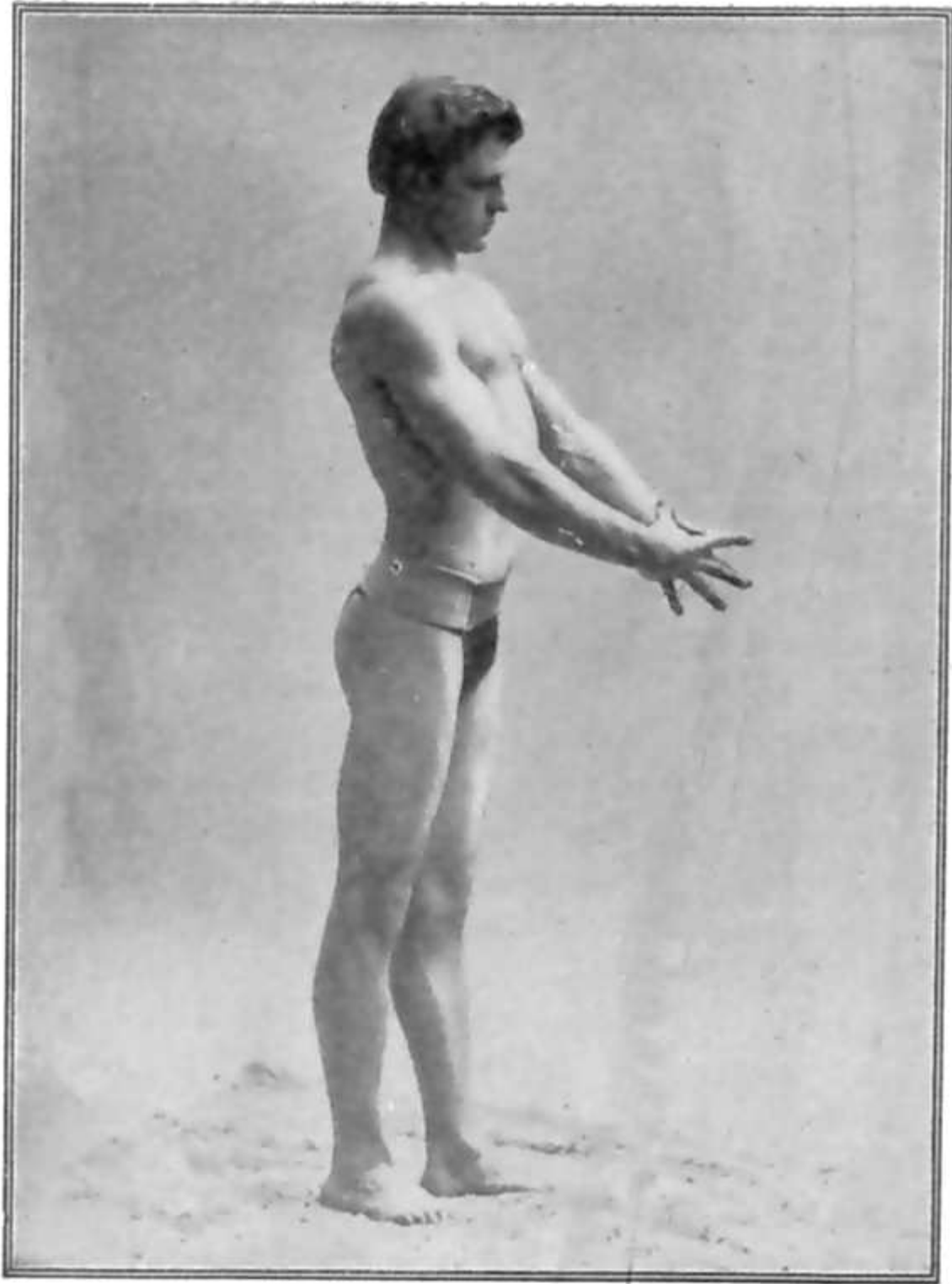


PLATE 6.

### Exercise No. 6.

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The plate shows the hands in the correct position, with the fingers pressing against each other, but they are about midway in their course. Now get the same position with the hands, but lower them until they touch the body. Now fill the lungs by expanding the abdomen first, then the whole frame until chest is swelled to its limit. Now press the hands hard together, draw in the stomach, hold the breath and raise the hands above head and lower them again. This is excellent for the chest muscles, or pectoralis major and minor, as well as for the lungs. The main thing to be observed in this exercise is to keep the fingers pressing hard together all through the action.