

Workout Routine



Contents:

Arm, Chest, Shoulder	2
Leg	3
Back, Core	4
Eugene Sandow & Misc.	5-9

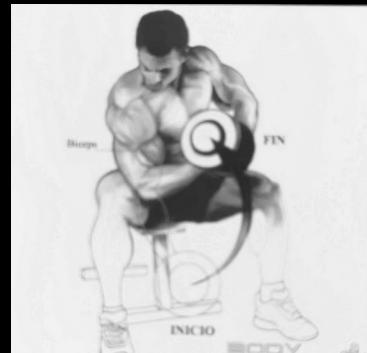
Arm, Chest, Shoulder

Warm Up:

Stretch (Arms, Shoulders)

Walk/run

Bi:

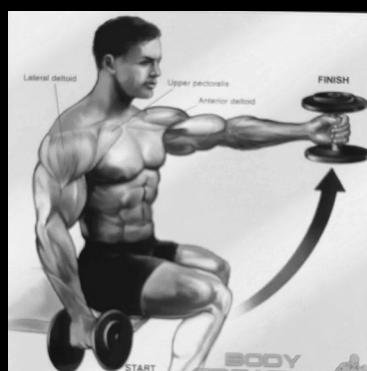
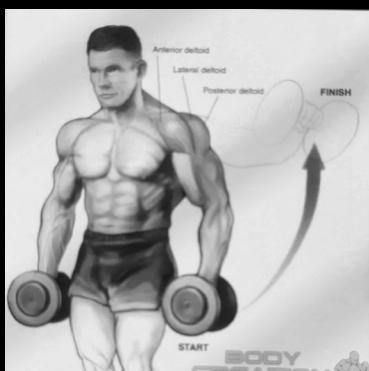


Tri:

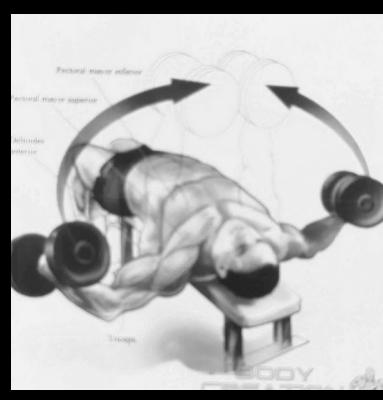
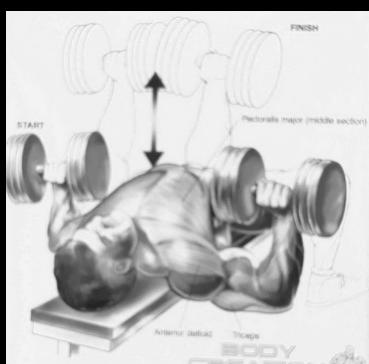


Bar-bell behind head

Delt:



Pec:



Cool Down: Walk + stretch

Leg

Warm Up:

Stretch (Hamstrings)

Walk/run



Lunges, Reverse Lunges (Unweighted, Weighted)

Squat (Unweighted, Weighted)

Calf raises (Unweighted, Weighted)

Jump + Stair Step (Unweighted, Weighted)

Cool Down: Walk + stretch

Back, Core

Warm Up:

Stretch (Forearm, Hands)

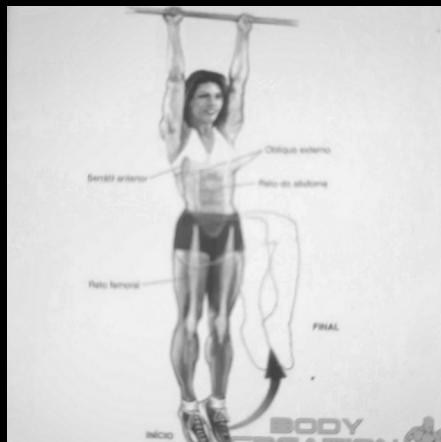
Walk/run

Dead Hang:

Pull up: Look up ↑, Not forward



Core:



(Left, Right, Center)

Back + _____:



(U, W)

Cool Down: Walk + stretch

Intents:

Confidence
Strength/Endurance
Competition w/ self
Health/Aesthetic

From Sandow Book:

Less weight
Focus on form
Measurement/body comp recording
Feet never leave ground
Break all the machines

Arm, Chest, Shoulder:

(Bicep)s Brachii
(Tricep)s Brachii
Deltoids (Shoulder)
(Pec)toralis Major

Leg:

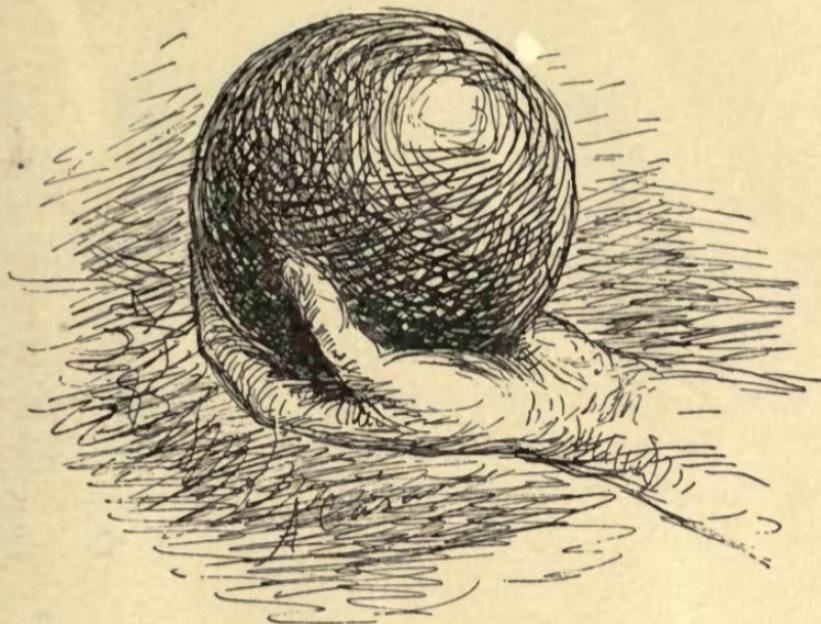
(Quad)riceps femoris
(Glut)eus Maximus
Calfs
Hamstrings (biceps femoris)

Back & Core:

(Trap)ezius (under back of neck)
(Lat)issimus Dorsi (under back of armpit)
Rectus Abdominus (6-pack)
External obliques, Internal obliques, Transverse abdominal

Sandow <https://archive.org/details/sandowgetspysic100sanduoft>

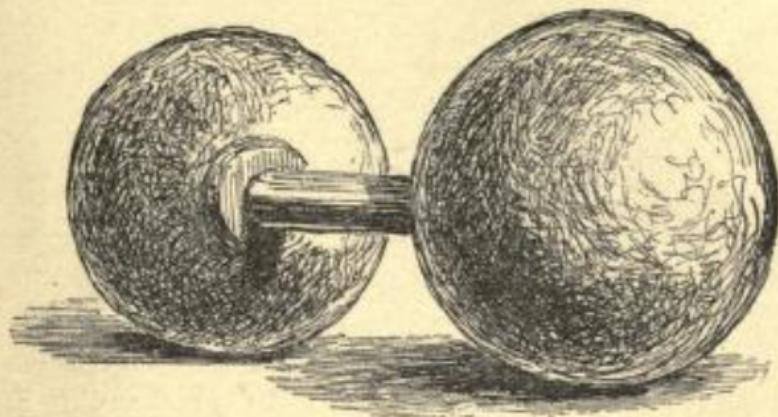
Screenshots Below:



PREFACE.

THE following pages have been prepared under Mr. Sandow's direction and personal supervision. In the practical section appended to the narrative account of the great athlete's early amateur and later professional life, Mr. Sandow has furnished detailed instructions for the performance of his dumb-bell and bar-bell exercises and supplied the reader with a text-book which, he would fain hope, will be useful to the would-be athlete and to all who desire to attain perfect health, increased strength, and the full development of their physical frame.

Since the volume was put in type, further testimony, of a gratifying kind, to the value of Mr. Sandow's system of physical training has come to hand, in Captain Greatorex's courteous letter, to be found in the Appendix. It is regretted that the communication was not received in time to insert in the



SANDOW ON PHYSICAL TRAINING.

I.

A PLEA FOR PHYSICAL EDUCATION.



N spite of the increasing value of individual life—the distinctive mark of the civilization of our time—little has as yet been done, on large lines at least, to secure for the masses of the people who do the work of the world that degree and maintenance of physical well-being implied in the phrase, “a sound mind in a sound body.” For those even whom we are pleased to call “the flower of our population,” we have systematically and intelligently done next to nothing in the way of physical culture. Only in recent years has physiology been put on the curriculum of our public schools and the young have been enabled to get some inkling into the frame-work of their bodies and the physical conditions on which organic life is held. Whether



V.

SANDOW AS A WRESTLER IN ITALY.

THE tour in France with the pantomimist, François, was, as we have said, a remunerative one, and naturally so, for the play in which Sandow and his quondam partner appeared had many elements of interest and novelty. As a pantomime, it amused the people; while the combination of athlete and harlequin introduced a new feature in entertainments of the kind, which astonished as well as delighted the audiences that were drawn nightly to witness them. The pantomime was entitled *L'Afficheur* (the bill-sticker). It was composed as well as partly performed by Sandow and François, who appeared under the stage-designation of “les frères Rijos.” Its original character may be apprehended from the circumstance that François, who personated harlequin, was dressed as a huge doll, which Sandow juggled and tossed about the stage, threw over walls, and pitched in at windows, with a freedom

CHAPTER IV.

SANDOW AS A STRONGMAN IN HOLLAND.

Sandow dependent upon his own resources—Arrives at Amsterdam and seeks employment as a strongman—Daring scheme to advertise himself—Hard up, and takes a cabman into confidence—Wrecks the machines for testing strength throughout the city—A thousand guilders reward—Arrested: amusing scenes at the police station—Released, and makes the fortune of a hotel-keeper—Receives his first engagement at a theatre—First visit to London—Accident to Atilla, and is thrown out of employment—Goes to Paris—Fruitless efforts to get an engagement—Startles a professor at the Academy of Arts with an exhibition of his strength—Earns 200 francs as a model—Meets François and joins him in pantomime..... 28

CHAPTER V.

SANDOW AS A WRESTLER IN ITALY.

Visits Rome and gives exhibitions in the Colosseum as a wrestler—Performs mighty feats of strength—Wrestles with Bartoletti and wins 1,000 francs—Achieves fame and has King Humbert and his court as admirers—Gift from the king—Visits Emperor Frederick by command at San Remo—Astonishes the Kaiser by an exhibition of his powers—Receives a ring from Frederick—Pathetic words of the dying Emperor at the leave-taking. Wrestling matches at Florence, Milan, and Naples—Contest with three trained athletes and puts all successively on their backs—Wins 5,000 francs—Buys a home at Venice—Hurts his arm in a wrestling contest—Retorts with a loving embrace—Attracts the attention of an English painter—Makes him the subject of a study—Tells him of Samson's challenge—Starts post-haste for the British metropolis..... 35