

Hopefully improved version

Are you tired of being the scrawny man you see in the mirror?

The world's most perfectly developed man (Charles Atlas) **was scrawny** too and it took him two years to get his look.

But you don't even need a year. He will explain to you how to use "dynamic tension" to get your "Greek God" body in no time. Just 15 minutes of exercises at home will show results in two months.

Don't get me wrong, it will take some effort for this to work. But if you can't push yourself just 15 minutes a day, then not even Charles can help you.

NOT THE MAIN POINT but ladies love the looks of "Greek Gods".

All of this and more is inside Charle's "guide".

So, if you're not *weak-minded* as you look then seize your dream body and girl [HERE].

or

Get comfortable with the scrawny man in your mirror.

Your choice.

OLD

Are you tired of not being the man that you want to see in the mirror?

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I *was scrawny* once too. Bullied for my lack of strength. Till I became fed up. It took me too much time to find out what to do and what is the best way to grow muscles. There was nothing that could help so I had to figure it out on my own.

But you don't need even two months. I will show you how to use "dynamic-tension" to get your "Greek God" body in no time. Simple exercises that you can do at home. Just 15 minutes a day will show results. I will show you how and why you should do each exercise with a breeze. Do not worry for simplicity, pictures are included.

Don't get me wrong, this is not the easiest thing for someone weak-minded. I can't do miracles. If you are not able to follow *the simplest proven way* that helped thousands of others. Then this is not for you. *I don't even want to sell this to you...* Because a strong body with a weak mind is how bullies are born.

Plus I am adding outlines of courses like **boxing, jiu jitsu, karate, hand balancing**. Things that would be dangerous inside the hand of weak-minded scums.

NOT THE MAIN POINT of this guide but ladies love to feel safe and the look of "Greek God body".

I've put all my secrets inside this "guide". And I do believe that you will use your newly found strength only for good.

So, if you're not weak minded then seize your dream body, strength, confidence only for 10c\$.

or

Tell the man in the mirror that this is how he will look and feel for the rest of his life.

The choice is yours.

THE INSULT THAT MADE A MAN OUT OF "MAC"



Let Me PROVE I Can Make YOU A NEW MAN!

ARE you "fed up" with seeing the huskies walk off with the best of everything? Sick and tired of being soft, frail, skinny or flabby — only HALF ALIVE? I know just how you feel. Because I myself was once a puny 97-pound "runt." And I was so ashamed of my scrawny frame that I dreaded being seen in a swim suit.

The Secret of How I Got My Build

Then I discovered a wonderful way to develop my body fast. It worked wonders for me — changed me from the scrawny "runt" I was at 17, into "The World's Most Perfectly Developed Man." And I can build up YOUR body the very same natural way — without weights, springs or pulleys. Only 15 minutes a day of pleasant practice — in the privacy of your room.

My "Dynamic-Tension" method has already helped thousands of other fellows become real he-men in double-

quick time. Let it help YOU. Not next month or next year — but Right NOW!

"Dynamic-Tension" Builds Muscles FAST!

If you're like I was, you want a powerful, muscular, well-proportioned build you can be proud of any time, anywhere. You want the "Greek-God" type of physique that women rave about at the beach — the kind that makes other fellows green with envy.

Mail Coupon Now for My 32-Page Illustrated Book

Mailing the coupon can be the turning point in your life. I'll send you a copy of my 32-page illustrated book, "How Dynamic-Tension Makes You a NEW MAN." Tells how and why my method works: shows many pictures proving what it has done for others. Don't delay. Mail coupon NOW. CHARLES ATLAS, Dept. 325B, 115 E. 23rd St., New York, N.Y. 10010.



CHARLES ATLAS ON TV

WIN THIS VALUABLE TROPHY

5 FREE GIFTS

If you act now, in addition to my complete course, you will also get these five valuable outline courses.



CHARLES ATLAS, Dept. 325B
115 East 23rd St., New York, N. Y. 10010

Dear Charles Atlas: Here's the kind of Body I Want:

(Check as many as you like)

- | | |
|--|--|
| <input type="checkbox"/> Broader Chest and Shoulders | <input type="checkbox"/> More Energy and Stamina |
| <input type="checkbox"/> Ironhard Stomach Muscles | <input type="checkbox"/> More Magnetic Personality |
| <input type="checkbox"/> Tireless Legs | <input type="checkbox"/> More Weight—Solid—in the Right Places |
| <input type="checkbox"/> Slimmer Waist and Legs | |

I enclose 10c. Please send me a copy of your famous book showing how "Dynamic-Tension" can make me a new man. 32 Pages, crammed with photographs, answers to vital health questions, and valuable advice. This does not obligate me in any way.

Print Name.....Age.....

Address.....

City & State.....Zip Code.....

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