



The Development of Physical Power

Arthur Saxon

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Arthur Saxon's first book on weight lifting and strength. His original name was Arthur Hennig and over the years he traveled, trained with and performed as part of the Saxon Trio. The original members were Arno Saxon and Osgard Hilgenfeldt, later on to be replaced by Arthur's actual brothers Hermann and Kurt.

The Development of Physical Power is a classic in learning what it takes to become truly strong from a man who lifted 371 lbs. overhead with a single arm. Inside you'll learn basic and advanced exercises with barbells and dumbbells.

Introduction

My Early Days

Incidents in My Professional Career

The Saxon Definition of Strength

My Views on Light Exercise

What Sports Help Weight Lifting?

Weight in Relation to Lifting

Routine of Training

The Bug Bear of Training

My Ideas on Diet

General Weight Lifting

What It Feels Like to Lift 350 lbs. with One Hand

One Handed Lift to the Shoulders

The Bent Press

One Hand Snatch

Single Handed Dumbbell Swing

Two Dumbbells Simultaneous Lift Overhead

Two Hand Jerk

Two Hand Jerk Continental Style

Two Hands Military Press

One Hand Military Press

Holding at Arms Length

Double Handed Lift on Back

Ring and Ball Lifting

Baths and Massage

My Measurements and Record Lifts

William Pullum said "The Saxon Trio were the first to demonstrate the real possibilities of weight lifting."

Here is a short piece from the intro:

"I would say that, above all, I look for strength and power in a man, especially an athlete, quite regardless of muscular development. The fact that a man may have full physical development, but disproportionate power and energy has been proven to me so many times, that, in my book, I propose to aim at and instill the value

of genuine power, without any attempt to obtain large increase in the dimensions of the different muscles. This means that I look upon as almost worthless the taking of different measurements for purposes of comparison from time to time, as is generally done by young men who train on the different systems which are now before the public. I shall teach you to judge a man by his capabilities as an athlete, whether a weight-lifter, wrestler or not, and not by the measurement of his biceps or chest. In the course of my travels I have met quite a number of physical culturists who have come to me to show their development, and whilst it must be admitted it has been splendid to look upon, yet it has also been evident to me that a number of such men have injured their health in an endeavour to squeeze the last fraction of an inch from out of their muscular development. My idea will be, and always has been, to leave the muscles to look after themselves, but I place a premium upon the possession of untiring energy, great stamina and vital power, and a sound constitution. That I myself possess such, I think my past records will show. Whether I can give you, dear reader, a percentage of my own strength and stamina, time will show, but I can at least place before you a method of training, simple though it be, which has brought me to the pinnacle of fame in the weight- lifting world. It is rather a new role to find myself a teacher, but I will do my best, taking it for granted that the persons likely to buy my book are already possessed of average strength, that they have no particular weaknesses or defects, and that strength and power is the aim, and not useless and artificially- swollen muscles, developed with the mistaken idea of gratifying the somewhat vain desire for personal glorification."

This book was followed up by a sequel giving more details on heavy lifting, titled Text Book of Weight Lifting.

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From reader reviews:

Jonathan Head:

What do you in relation to book? It is not important to you? Or just adding material when you really need something to explain what you problem? How about your free time? Or are you busy particular person? If you don't have spare time to complete others business, it is make one feel bored faster. And you have time? What did you do? Every individual has many questions above. They should answer that question because just their can do which. It said that about guide. Book is familiar on every person. Yes, it is suitable. Because start from on kindergarten until university need that The Development of Physical Power to read.

Ella Cook:

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Margie Sutton:

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Terry Kiser:

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