



Strengthening the Lower Body: (Original Version, Restored)

Earle Liederman

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"Well-shaped thighs are most notable on all professional strong men, especially tumblers and weight lifters, for such physical work places direct application on the quadriceps extensor muscles, which constitute the group of muscles covering the entire front and sides of the thighs. Again I am forced to admit that Eugen Sandow had perhaps the finest contour of this group of muscles that I have ever seen. However, the most remarkable pair of thighs, so far as size is concerned, were owned by William Gerardi, whose thighs measure, I believe, over 31 inches. Sprinters have exceptionally developed thighs, produced by the heavy exertion of their speedy work. However, endurance runners, as a rule, are lacking greatly in leg development, as the muscles are overworked." - Earle Liederman Visit our website and see our many books at PhysicalCultureBooks.com

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