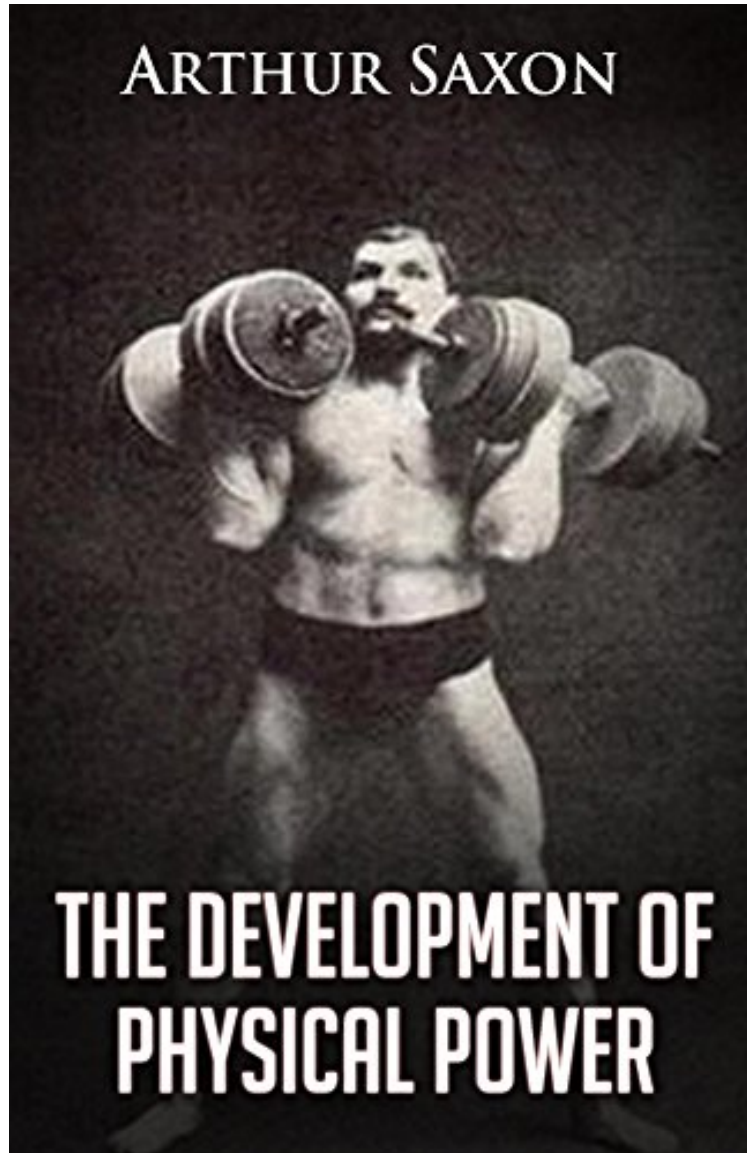


[Read free] The Development of Physical Power (English Edition)

The Development of Physical Power (English Edition)

Von Arthur Saxon

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Von Arthur Saxon : The Development of Physical Power (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Development of Physical Power (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen7 von 7 Kunden fanden die folgende Rezension hilfreich. In Anbetracht der ZeitVon Kryptoin der das Buch geschrieben wurde: Hut ab! Als ich es las, war ich tatsächlich verwirrt, weil mir die Aussagen mehr als nur modern vorkamen.Saxon erklrt przise, dass ein Maximalkrafttraining eher ein ben

ist als ein Pumpen. Er beschreibt, wie wichtig es ist im niedrigen Wiederholungsbereich von unter 7 zu trainieren. Er beschreibt ein Trainingskonzept, das dem "light-heavy Prinzip" folgt. Im nächsten Abschnitt erklärt er auf fast trollige Weise, dass man nicht durch blosses Lesen des Buchs stärker wird, sondern man auch wirklich trainieren muss. Dieser Tipp ist tatsächlich ebenso ernst gemeint, wie alle anderen Empfehlungen, die sich mit modernen Erkenntnissen decken. Das ist schon wirklich interessant. Es ist schon wirklich lehrreich, ein 100 Jahre altes Buch zu lesen. Schon damals vermutete Saxon, dass diverse andere Sportarten von einem Krafttraining profitieren. Schon vor 100 Jahren hatte er den Verdacht, dass Training mit schweren Gewichten eher schneller als langsam macht. Das fand dann die Sportwissenschaft ein halbes Jahrhundert später bestätigt. Seine Ernährungsempfehlungen decken sich mit dem, was man heute als Low Carb bezeichnet. Schon vor 100 Jahren riet er dazu, den Zucker zu vermeiden. Bier empfiehlt er allerdings, wenn auch nicht in betriebener Dosierung. Ich habe gestaunt, als ich das Buch las. Dinge, die man heute als richtig wahrnimmt, waren ihm scheinbar schon damals bewusst. Kommen wir zu den Übungen: Auch hier habe ich gestaunt, dass er einen Mix aus reinen Kraftübungen, Schnellkraftübungen und isometrischen Übungen empfiehlt. Was natürlich für mich der Grund war dieses Buch zu kaufen, ist seine Übungsbeschreibung zum "Bent Press". Das ist eine unglaublich tolle Übung, mit der man tatsächlich mehr drücken kann als mit einer anderen Einarmübung. Es ist zudem eine Übung, bei der man so ziemlich alles trainiert, was man braucht: Kraft, Koordination, Konzentration, die Stütz-muskeln. Für mich wurde "Bent Press" zu einer der besten Übungen, die es überhaupt gibt. Leider wurde mir bis heute nicht klar, ob der Bent Press zu dieser Zeit tatsächlich langsam ausgeführt wurde. Deswegen bleibt für mich ein dickes Fragezeichen. Saxon schreibt, dass man nach vorne fällt, was für mich eher nach schneller Ausführung klingt. Heutige Videos zeigen eine langsame Ausführung, und ich bin mir nicht sicher, ob das stimmt. Alle anderen Übungen sind eindeutig und ergeben (auch nach heutigen Erkenntnissen) Sinn. Was ich nicht glaube: Ich glaube nicht, dass Saxon mit dem Bent Press 168 Kilogramm drücken konnte. In meinen Augen geht das nicht. Er war Zirkusathlet, und im Zirkus wurde schon immer geschwindelt. Angeblich wurde seine Leistung vor einer Jury erbracht. Nunja, Uri Geller verbog auch Löffel vor einer Jury, während Hobbyzauberer nur mdeber den Quatsch lcheln konnten. Die alten Strongman waren Gaukler, die unglaubliche Dinge vollbrachten: Da wurden Ketten zerrissen. Kanonenkugeln gefangen, galoppierende Pferde gebremst - Dinge vollbracht, die nicht funktionieren und lediglich Tricks waren. Ganz sicher war Saxon nicht dazu in der Lage 168 Kilo einarmig zu stemmen, eben so wenig wie er seine beiden Brüder stemmen konnte. In meinen Augen ist das einfach nur Quatsch, aber: Was er an Übungen empfiehlt, ergibt wirklich Sinn. Dieses Buch kann man hervorragend gebrauchen, wenn man Vorwissen hat und weiß, an welcher Stelle man mit den Augen zwinkern muss.

Kurzbeschreibung "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. I will not delude my readers with the idea, as many do, that anyone can be an abnormally strong man, nor with the statement that I commenced as an invalid and gradually worked up to my present strength. No ! I have always been strong, and I can only guess what it feels like to be weak. My strength is still growing and I glory in it. My methods may be simple, they may even be crude, and if they should not appeal to you, then I can only hope that the photos and other illustrations and matter describing my life and adventures will recompense you as items of interest for your outlay on this, my first book". - ARTHUR SAXON This is an original version, restored and re-formatted edition of Saxon's 1906 classic. Visit our website and see our many books at PhysicalCultureBooks.com Kurzbeschreibung "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. I will not delude my readers with the idea, as many do, that anyone can be an abnormally strong man, nor with the statement that I commenced as an invalid and gradually worked up to my present strength. No ! I have always been strong, and I can only guess what it feels like to be weak. My strength is still growing and I glory in it. My methods may be simple, they may even be crude, and if they should not appeal to you, then I can only hope that the photos and other illustrations and matter describing my life and adventures will recompense you as items of interest for your outlay on this, my first book". - ARTHUR SAXON

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den Autor und weitere Mitwirkende

"The feat of holding up a genuine 300 lb. barbell with two heavy men seated thereon and at the same time supporting upon the feet a long heavy plank with about a dozen men clutching each other for safety upon that insecure seat was most impressive, and everything was done with such ease and lack of effort I felt astounded. I made up my mind to make this supermans acquaintance. This I was shortly after enabled to do through the editor of a physical culture magazine commissioning me to visit the Brand Music Hall, Clapham, and take with me a scale with which to test Saxons claim that he was raising 300 lbs. overhead single handed twice nightly. The Saxons had no inkling of my intended visit but I was pleased to find that they placed no obstacles whatever in my way; they seemed only too glad to believe that at last something was being done to establish their claims. ...This was because at the time it was quite customary for so-called strongmen to outrageously exaggerate their lifts, one 10 stone (140 lb) lifter calmly claiming a Bent Press of 336 lbs. whilst the bell probably weighed only 140 lbs. or so. ... Once, indeed, at Battersea, the card read 286 lbs., but the bell, of course, was a good 300 as usual. Asked what this meant, Arthur, to my surprise, said, We have lost the 300 lbs. card and they cost money, but we have a nice 286 lbs. card. Such behavior had never been known in the lifting world before. ... Thus the Saxons had what others at that time lacked the method of daily hard work which has got the champions of today where they are. But in this system they stood alone, others did as little as possible and the general standard of lifting was low at the time. I am often asked about Saxons measurements and his best lifts. They were as follows: Height, 5ft. 10ins.; Weight, 200 lbs.; Neck, 17; Biceps, 17; Forearm, 14; Chest 44; Thigh, 24; Calf, 16; Wrist, 8 . His best lift was, of course, the Bent Press, or a Two Hands Anyhow with Barbell and Ringweight, the barbell to be pressed single handed and not jerked and changed to one hand (the style which I introduced for the first time in my match with Aston). Arthur Saxons British record was 336 lbs. Bent Press and 411 lbs. Barbell and Ringweight. These were performed in strict conditions. He always seemed capable to me of doing substantially more but was never lucky when the attempts were made." - Thomas Inch