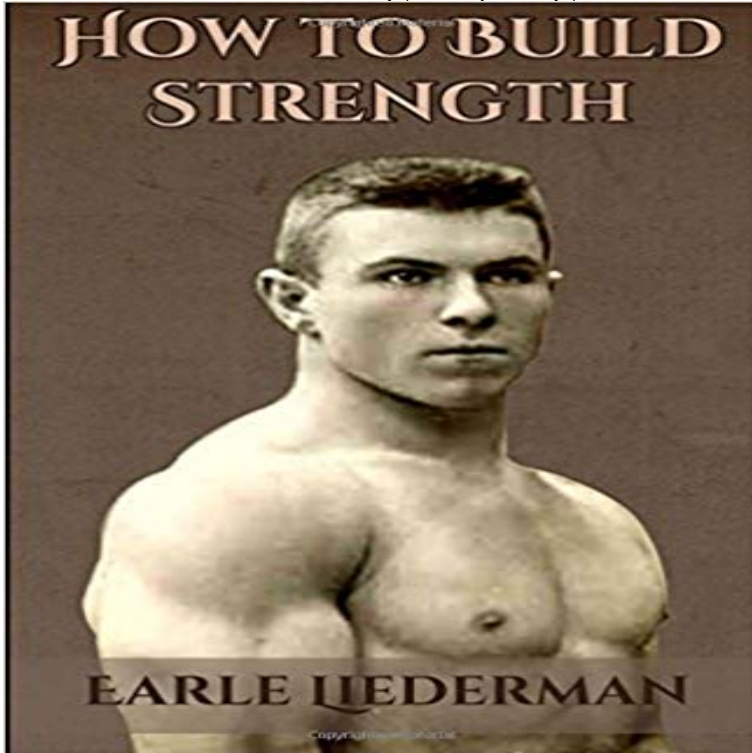


## How to Build Strength: (Original Version, Restored)



There are quite a group of Strong Men who stand 5 feet 4, or 5 feet 6 inches and who weigh from 140 to 165 pounds. Add to that the fact that the vast majority of modern Strong Men are self-made and you will see that there is a chance for anyone to become strong, no matter what handicap nature has imposed in the way of lack of height, small bones or a slender frame. When you think of the diminutive Oscar Matthes at one end of the scale, and the gigantic Cyr at the other, and all the others of various heights, weights, and shapes in between these two, it should convince you that you have a chance. You probably never could get as big and strong as Cyr; in fact you would not want his clumsy build, but you can do as much for yourself as Mr. Matthes did; if you can equal his interest and persistence. The general public knows little about strength, either how to get it or how to use it. Furthermore the dear public is a rotten judge of strength. - Earle E. Liederman  
This is a restored and re-formatted edition of Liedermans original 1927 booklet. The text remains exactly as written in 1927. A must have in your collection. Visit our website and see our many books at [PhysicalCultureBooks.com](http://PhysicalCultureBooks.com)

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Liederman: 9781409204756: Amazon** Muscle Building: (Original Version, Restored) by Earle Liederman (2011-10-14) [Earle Liederman] on Secrets of Strength: (Original Version, Restored). **RESTORED STRENGTH**