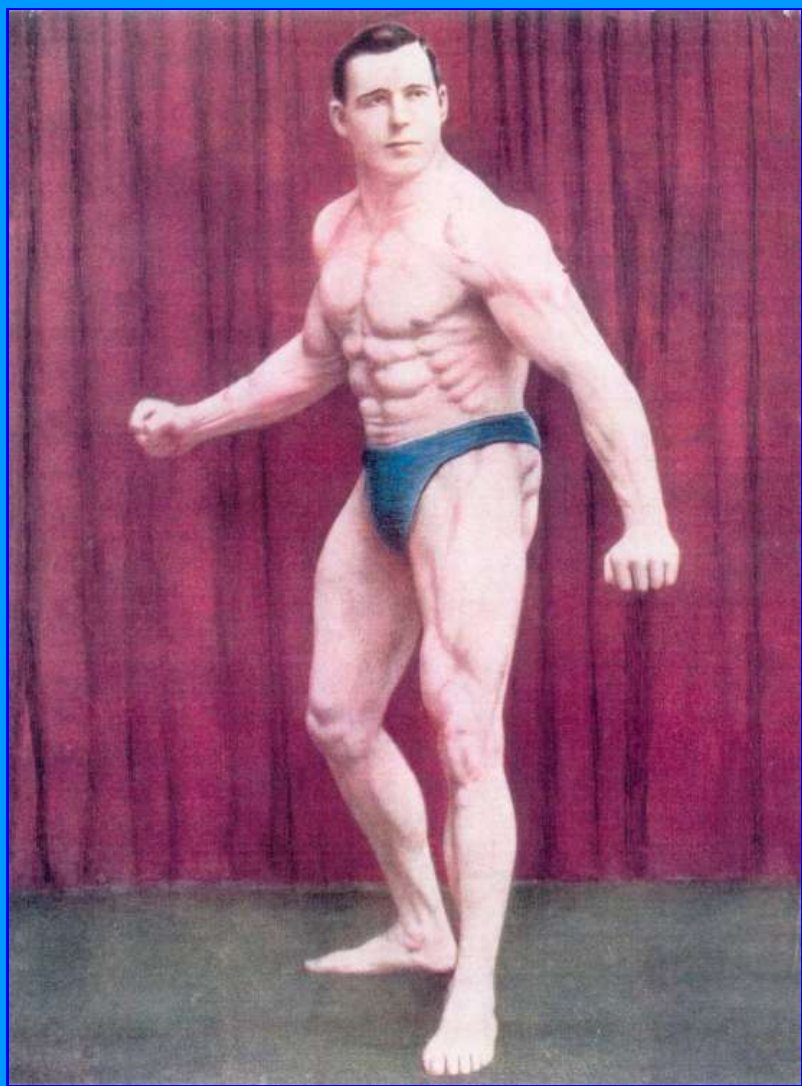


Short Table of Muscle Control Exercises

Juan Antonio Martínez Rojas



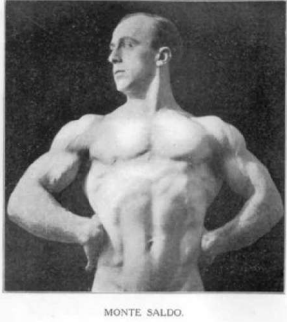

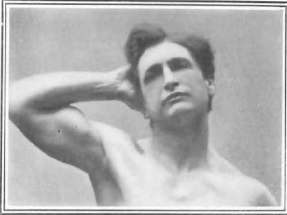
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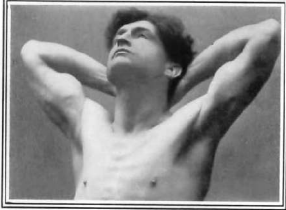



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MC of the muscles of the head

Body part	Exercise name	Description	Picture
<i>Head</i>	MC-masseter	Tighten the jaws, pressing one against the other very carefully and without forcing.	
<i>Head</i>	MC-oculi	Raise slowly your eyebrows as far as you can.	
<i>Head</i>	MC-oris	Tighten the lips, pressing one against the other.	
<i>Head</i>	MC-tongue	Press the tongue against the roof of the mouth muscle against the other trying to put together both.	
<i>Head</i>	MC-zygomaticus	Adopt a face expression like a big smile without opening the mouth.	

MC of the muscles of the neck



Body part	Exercise name	Description	Picture
Neck	DMC-sterno	Try to turn the head from one side to the other contracting the neck muscles.	
Neck	MC-hyoid-1	Open your mouth and tense your jaws (without closing them). Imagine that you are trying to masticate a piece of solid rubber or something similar.	
Neck	MC-hyoid-2	Keep the mouth closed and concentrate in the hyoid and masseter muscles. Tense them at the same time.	
Neck	MC-scalene	If you bend your neck laterally trying to touch the shoulders contracting the muscles, you can feel the scalenes. However, if you tilt you head forward and backwards, you would tense more intensely the splenius and levator.	 <p style="text-align: center; font-size: small;">Photograph No. 45.</p> <p style="text-align: center; font-size: x-small;">As shown in the above illustration. Take the same exercise with the left hand, pressing against the left side of the head. Continue each exercise until tired. This exercise develops the muscles on the sides of the neck. This exercise can be taken slowly or speedily just as you may desire. If it is taken slowly and the muscles flexed very strongly, the development will appear more speedily.</p>

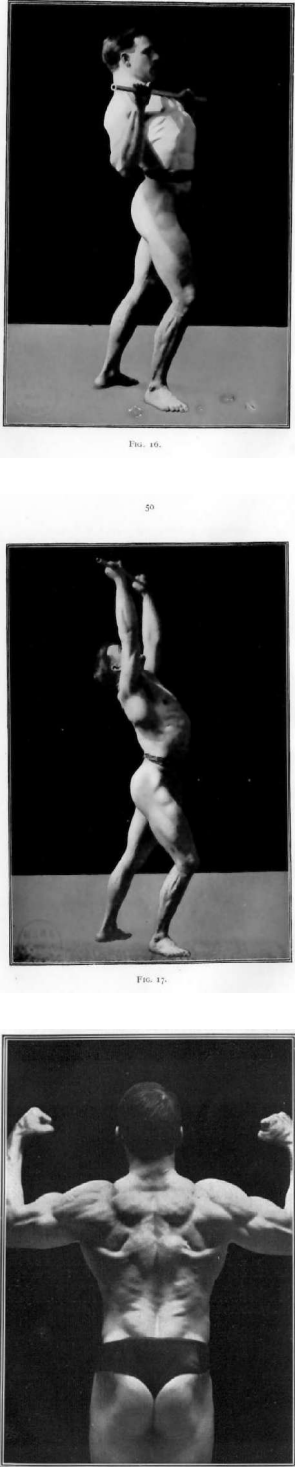
Body part	Exercise name	Description	Picture
Neck	MC-scalene-ISR	<p>Try to move the neck leaning it forward and backwards resisting all the time with the hands interlaced behind the head. Apply the tension very slowly. Change the position of the hands, resisting now the same motion with the hands pressing against the forehead.</p>	 <p>Photograph No. 45.</p> <p>As shown in the above illustration. Continue the exercise until the muscles are slightly tired. This movement develops the broad muscles on the back part of the neck.</p> <p>This exercise can be varied slightly by turning the head from the right to the left, while the above position is maintained. This movement is especially beneficial for strengthening the muscles that are used in wrestling. The muscles on the back of the neck must be very strong in order to resist the many difficult holds that are used in this strenuous exercise. To get the best possible results from the exercise be sure to bring the head far forward when the movement is made.</p>  <p>Photograph No. 46.</p> <p>Exercise No. 24. Interlace the fingers behind the head and then bring head far forward until the chin shows under the chest, as shown in above illustration. Now, resting the movement slightly with the arms, press the head as far back as you can. (See next photo.)</p>  <p>Photograph No. 47.</p> <p>Exercise No. 25. Place the fingers of right and left hands on the forehead as shown in the above illustration. Be sure to start with the head as far back as possible. Now, resting the movement slightly by pressing the fingers against the forehead, bring the head forward and downward. (See next photo.)</p>  <p>Photograph No. 48.</p> <p>To the position shown in the above illustration. Continue the exercise until the muscles are slightly tired. This exercise is for developing the muscles on the front part of the neck.</p> <p>This exercise can be varied slightly by bringing the head forward to the right, then bringing the head forward to the left. The movement can be taken slowly or fast as you may desire, though the remarks in the preceding movements apply also to this.</p>


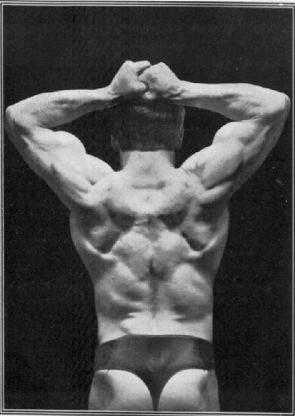

Body part	Exercise name	Description	Picture
Neck	MC-sterno	Turn your head to one side. You should feel a slight tension in the sternocleidomastoid of the part of the neck which is turned to the side. Concentrate in this tension and try to intensify it by means of mental contraction.	 <p>Correct head position for sterno mastoid control demonstrated by Monte Saldó.</p>
Neck	MC-sterno-ISR	Resist the head in this position with the opposite hand, as if you want to turn the head to the side.	 <p>Photograph No. 35. As shown in the above illustration. Take same exercise with position reversed, using the left arm instead of the right. Continue each movement until the muscles are slightly fatigued. This exercise develops the muscles that resist the head from side to side and which are located on both sides of the neck. The action of these muscles can be seen plainly during this movement.</p>

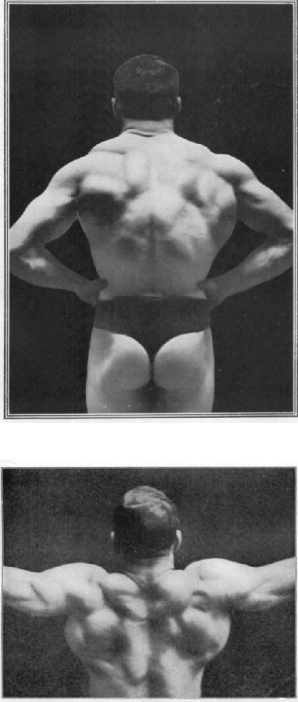
MC of the muscles of the back

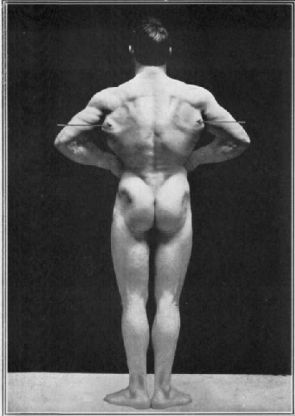
Body part	Exercise name	Description	Picture
<i>Back</i>	DMC-back-1	Raise your arms and with them straight, bend your back downwards tensing all muscles in the back as far as you reach a perpendicular angle with the legs. Probably you will tend to contract your abdominal muscles also, this will put additional resistance to the motion in first stages, but you must try to reduce this antagonistic contraction progressively. Inhale in the top position and exhale while you are bending.	
<i>Back</i>	DMC-back-2	Adopt the same initial position than in exercise DMC-back-1, but now bend backwards very slowly and carefully. Tense all muscles in your back all the way.	
<i>Back</i>	DMC-back-3	In the same initial position as DMC-back-1 and DMC-back-2, bend the spine laterally to one side alternating both. Inhale in top position and exhale in the lowest one. Tense all muscles in your back.	

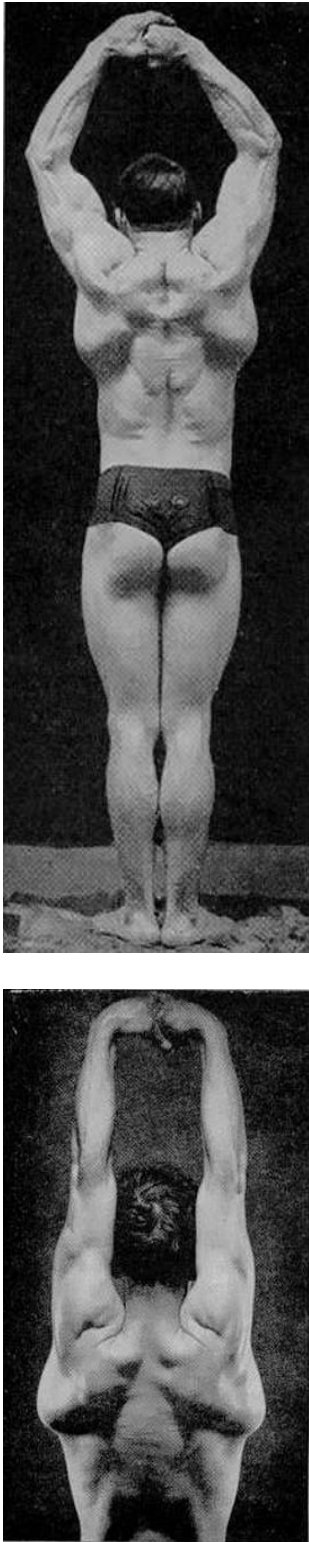
Body part	Exercise name	Description	Picture
<i>Back</i>	DMC-back-ISR-scapula	<p>Adopt the position of MC-scapula-ISR-2. While keeping the outward pull, bend very slowly the back to one side laterally. The shoulders must be in line with the hips. Inhale in the top position and exhale slowly (every time with the nose) while you are bending the back. Bend to the opposite side</p>	
<i>Back</i>	DMC-lats	<p>Raise your arms at 90° with respect the body (crucifix position) and bend the forearms with hands pointing to the sky. The forearms form an angle of 90° with the upper arms that are in a horizontal position. Tense your muscles and press inwards as far as you touch your forearms in front of your chest maintaining the angles.</p>	 <p data-bbox="1182 1335 1385 1350">Ausdehnung der breiten Rückenmuskeln.</p>

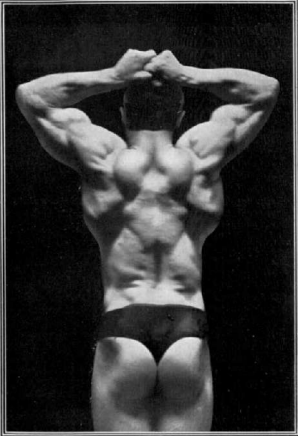
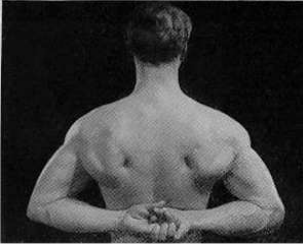

Body part	Exercise name	Description	Picture
Back	DMC-pullup	<p>Rest the stick firmly grasped with hands at shoulder width. Raise slowly the stick in line with your shoulders as far as your arms are perfectly straight. Try to contract all your back muscles for the raising. Don't concentrate in hardening your arms (a common tendency), direct all your energies to the back muscles. Inhale in this part of the exercise. Do the same for the downwards motion, exhaling.</p>	 <p>The 'Picture' column contains three black and white photographs. The top photograph, labeled 'Fig. 16', shows a man from a side profile, standing with a horizontal stick across his shoulders, ready to perform a pull-up. The middle photograph, labeled 'Fig. 17', shows the same man pulling the stick up to his head, with his arms extended upwards. The bottom photograph shows a man from the back, flexing his back muscles to demonstrate the contraction of the back muscles during the exercise.</p>


Body part	Exercise name	Description	Picture
<i>Back</i>	DMC-rowing	Grasp firmly the stick with both arms in front of your chest or abdomen at shoulders length. Bring the stick towards your chest as far as you can touch the pectorals, contracting powerfully all your back in motion. Inhale in this part. Go to the initial position while exhaling.	
<i>Back</i>	MC-back-ISR	Adopt the position of MC-scapula-ISR-2, but in this case you must push inwards with both hands.	
<i>Back</i>	MC-lats	The pure control comes when you don't need to move the arms from its original position in order to contract the latissimus dorsi muscles.	

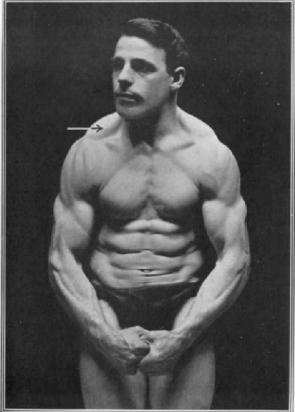
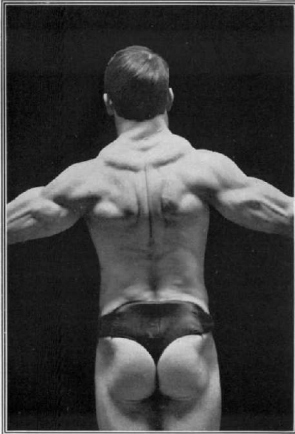
Body part	Exercise name	Description	Picture
<i>Back</i>	MC-scapula-abduction	Bring your shoulders slightly backwards as far as you can note with your fingers (at first performances) that there is a hole between your scapulae and your back.	
<i>Back</i>	MC-scapula-DSR	This exercise is a combination of MC-scapula-ISR-1 and MC-scapula-ISR-2 in a DSR fashion. Grasp your hands firmly behind your head and raise the arms towards sky in a straight line with the back, pulling outwards all the way. Without decreasing the outward tension, lower your arms to the initial position. Inhale while you are raising your arms and exhale in the downwards movement. The pace of exercise must be guided by the breathing.	

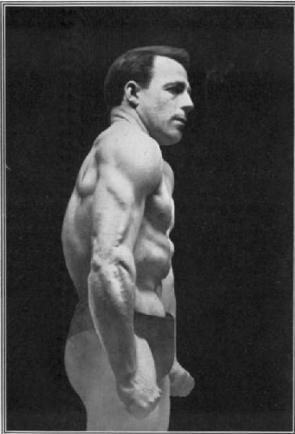
Body part	Exercise name	Description	Picture
<i>Back</i>	MC-scapula-expansion	Place both hands firmly resting over the hips, you can help yourself at first stages pressing steadily both hands (or one at time if you want isolate only one side) against the hip bones. Now concentrate all your attention over the extreme points of the scapulae and expand them.	

Body part	Exercise name	Description	Picture
Back	MC-scapula-ISR-1	Elevate your arms stretched vertically or slightly bended in line with your back. Try to keep your back in a natural straight and relaxed position. Interlace surely your hands in the top position and pull with them outwards slowly.	

Body part	Exercise name	Description	Picture
<i>Back</i>	MC-scapula-ISR-2	This exercise is very similar to MC-scapula-ISR-1, but the arms are bended and the hands interlaced behind the head.	
<i>Back</i>	MC-scapula-ISR-3	Grasp your hands behind the lower back and pull strongly outwards.	
<i>Back</i>	MC-spinae	Put your fingers over these muscles with the back straight but relaxed and bend slightly forward and backwards until you can feel a little contraction. Try to intensify the tension by concentration.	 <p data-bbox="1134 1413 1433 1469">● Maxaldist Alan Mead before he reached his absolute peak of development is here showing full contraction of the erector spinae muscles—indicated by arrow.</p>

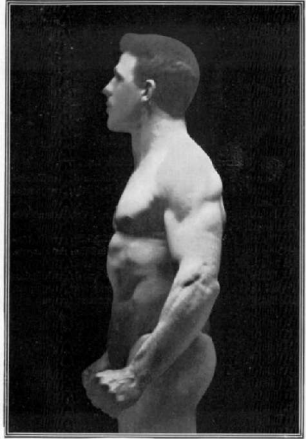
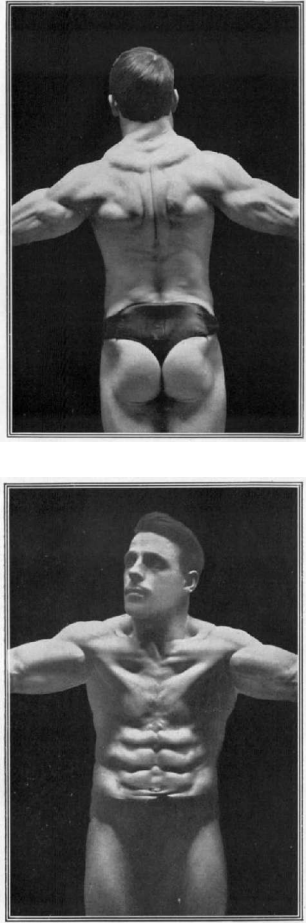
Body part	Exercise name	Description	Picture
<i>Back</i>	MC-spinae-ISR	Place your hand palms pressing against your gluteals and bend your back backwards very carefully keeping the tension generated by the palms. Now change the position of the palms and place them pressing against the thighs. Bend your back forward very slowly keeping the tension as far as the back forms a perpendicular angle with the straight legs.	
<i>Back</i>	MC-spinae-LAMC	A very careful inspection of the effect of the forward-backwards angle of bending of the lower back on the level and transference of contraction over the erector spinae can be helpful.	
<i>Back</i>	MC-spinae-TAMC	Implies the isolation of each side. This is easy once mastered the main control by turning very slightly the back to the desired side.	

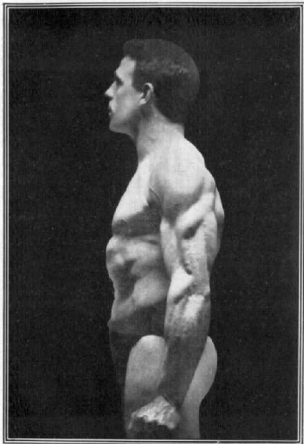
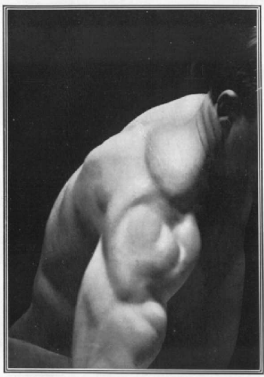
Body part	Exercise name	Description	Picture
<i>Back</i>	MC-trapezius	Relax all muscles in the back. Try to move (without the actual motion) very slowly the shoulders forward, but not upwards. Maintain the shoulder length and the back very slightly bent forward. In most cases the pectorals are slightly contracted to aid the control of the trapezius in this position.	
<i>Back</i>	MC-trapezius-crucifix	Raise your arms straight in line with your shoulders (90° with the body line) and shift them slightly backwards.	

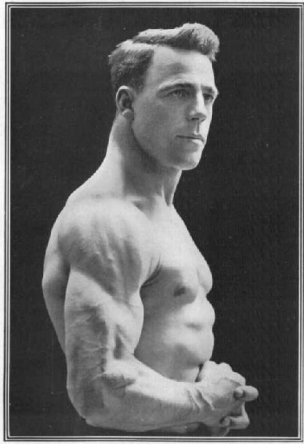
Body part	Exercise name	Description	Picture
<i>Back</i>	MC-trapezius-LAMC	You should be able to feel three contracting zones in the trapezius, lower, middle and upper. In the lower part you can observe a transference of contraction from the erector spinae to the trapezius. Try to concentrate the tension in the separation of both muscles. In the middle part you can differentiate the tension of the trapezius because it does not tend to expand the shoulder blades. The upper zone is most easily distinguishable, but its isolation produces in general a tendency to contract powerfully the pectorals. The upper pectoral layer should be felt and relaxed if possible.	
<i>Back</i>	MC-trapezius-shrugging	Raise your shoulders and try to press both sides one against the other and against the back of the neck.	




Body part	Exercise name	Description	Picture
<i>Back</i>	MC-trapezius-TAMC	The isolation of one side of the trapezius is relatively easy, once mastered the complete control (in some cases it is easier to try the one sided control first). Try to combine LAMC and TAMC controls generating a wave tension feeling over the muscle. For this, relax when you inhale and contract the desired part while you are exhaling.	

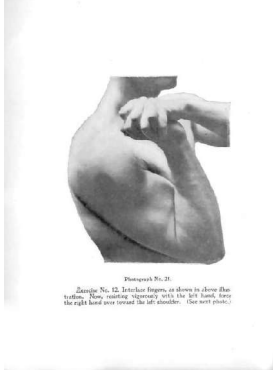
MC of the muscles of the shoulder

Body part	Exercise name	Description	Picture
<i>Shoulder</i>	DMC-shoulder-1	Fix an isolated contraction of the deltoids and move your shoulders very slowly in circles, forward, upwards, backwards and downwards. Regulate the motion with your breaths. Inhale in the first part of the movement and exhale for the next three parts.	
<i>Shoulder</i>	DMC-shoulder-2	Raise your arms slowly from bottom position as far as you reach the crucifix position holding the deltoid isolation throughout the motion. Lower your arms in the same form. Inhale while you are raising your arms and exhale while you are lowering them.	


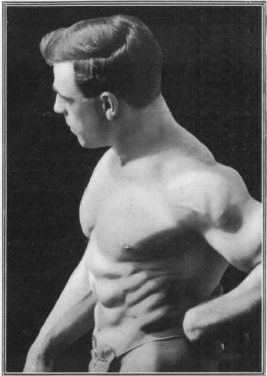
Body part	Exercise name	Description	Picture
<i>Shoulder</i>	DMC-shoulder-3	Do the same than in DMC-shoulder-1, but now contract powerfully the deltoids, trapezius and arm muscles. This exercise increases the lifting power remarkably. Adjust your tension very carefully, don't strain yourself.	
<i>Shoulder</i>	MC-deltoid-1	Put your arms straight at each side of your body with the palms touching slightly your hips. In first stages you can help the contraction pressing the palms against the hips, but you should try to generate the tension by means of will power only. You will observe that the triceps and the pectorals are involved to some extent.	
<i>Shoulder</i>	MC-deltoid-2	Very similar to the precedent exercise, but in this case you must elevate your palms as far as the level of the floating ribs. Don't press with hands in this case.	

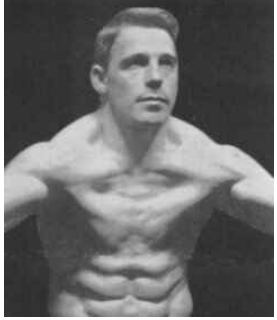
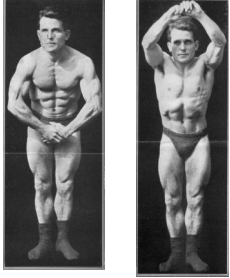
Body part	Exercise name	Description	Picture
<i>Shoulder</i>	MC-deltoid-3	Adopt the same position of MC-deltoid-2, but now turn your arms backwards with your elbows pointing back at 90° with respect your body line. Try to contract mentally your deltoids.	
<i>Shoulder</i>	MC-deltoid-4	Adopt a crucifix position with arms stretched at 90°. Concentrate on your shoulders instead on your trapezius (this is the difficult point).	
<i>Shoulder</i>	MC-deltoid-AMC	Adopt the position of MC-deltoid-3 and perform the contraction of the deltoid very slowly, feeling each portion of the muscle. If your body fat levels allow it, you can see a very nice tension transference from the lower sections of the shoulder to the upper ones.	

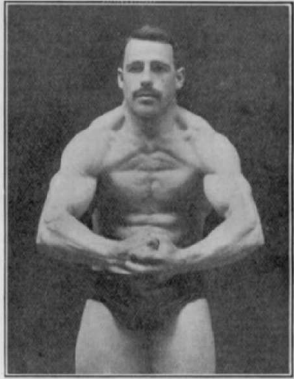

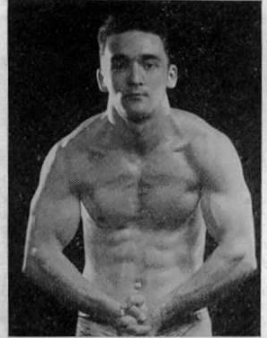
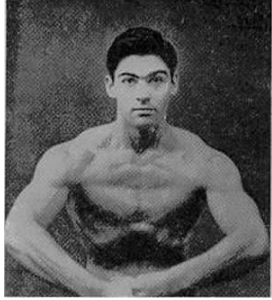
Body part	Exercise name	Description	Picture
<i>Shoulder</i>	MC-shoulder-DSR-1	Grasp your elbow with the opposite hand and try to push it backwards while you resist with the hand force. You can do this exercise along the complete range of motion of the shoulder. Do it slowly or keep the tension in several places for 5 breathings. Concentrate on the tension feeling.	 <p data-bbox="1153 636 1406 685">Photograph No. 1. Exercise No. 5. Grasp the right elbow with the left hand, as shown in photo. Now bring the right arm downward and backward (See next photo).</p>
<i>Shoulder</i>	MC-shoulder-DSR-2	Try to shrug one shoulder with the arm straight while you resist the movement with the opposite hand.	 <p data-bbox="1153 1207 1406 1274">Photograph No. 14. As shown in the above photograph, the shoulders should be raised each time as high as you can make them go. Continue the exercise until the muscles are tired, then reverse the position and take same exercise with the right hand grasping the left wrist. This exercise is especially advantageous in developing the muscles in the central portion of the scope of shoulders.</p>
<i>Shoulder</i>	MC-shoulder-DSR-3	Keep one arm straight in his bottom position and try to elevate it in front of you as far as it points to the roof. Resist the motion with the opposite hand pressing over the front of the resisted wrist with the fist firmly clenched.	 <p data-bbox="1153 1655 1374 1704">Photograph No. 9. Exercise No. 6. Grasp the right arm with the left hand behind the back, as shown in the illustration. Now, strongly resist the movement with the left arm, bring the right arm forward as far as you can (See next photo).</p>

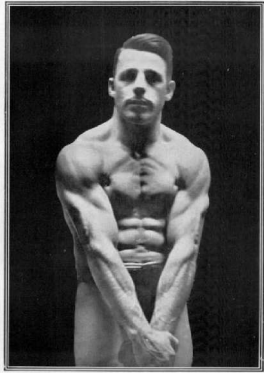


Body part	Exercise name	Description	Picture
<i>Shoulder</i>	MC-shoulder-DSR-4	Bend one arm with the forearm touching the biceps and the elbow pointing to the floor. Put the open palm facing to the roof and the fingers pointing to the shoulder. Now press downwards firmly with the opposite palm and try to raise the bended arm as far as it is almost straight.	
<i>Shoulder</i>	MC-teres	We can try to contract them varying the angle of the arms in the MC-deltoid-4 and applying AMC with fine tuning of the tension from the lower part of the back of the shoulder to the higher without moving the shoulder blades.	

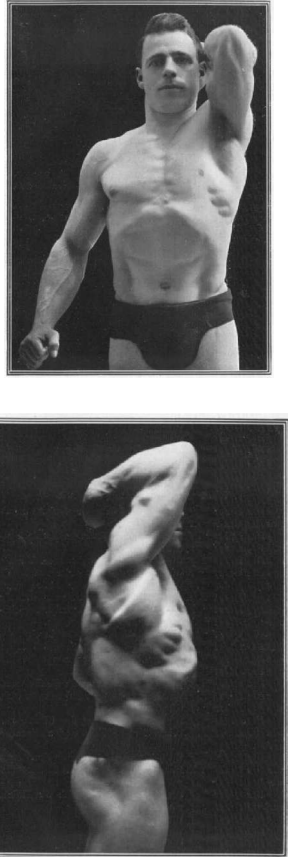
MC of the muscles of the thorax

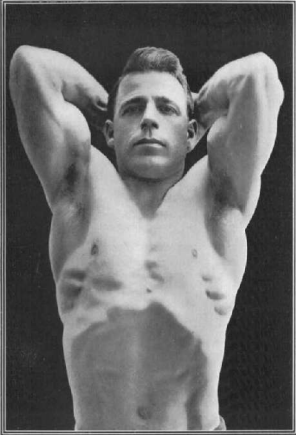
Body part	Exercise name	Description	Picture
<i>Thorax</i>	MC-intercostal	Put one hand resting, without any pressure, on head with arm semiflexed and the elbow pointing in front. Now tilt slightly to the same side than the flexed arm and turn your torso to the opposite side slowly as far as you feel the maximal contraction and a clear separation of the muscles. Sometimes a slight raising of the corresponding hip can help the contraction.	
<i>Thorax</i>	MC-intercostal-AMC	Isolation of internal and external intercostals.	
<i>Thorax</i>	MC-intercostal-DSR	Adopt the same position than in MC-intercostal-ISR, but in this case don't fix the position, but resist with the hands all the motion. Don't tilt your body very much. A little angle is enough (<math>< 30^\circ</math>).	
<i>Thorax</i>	MC-intercostal-ISR	Place your hands resting over the hips and bend sideways pressing with the hands.	

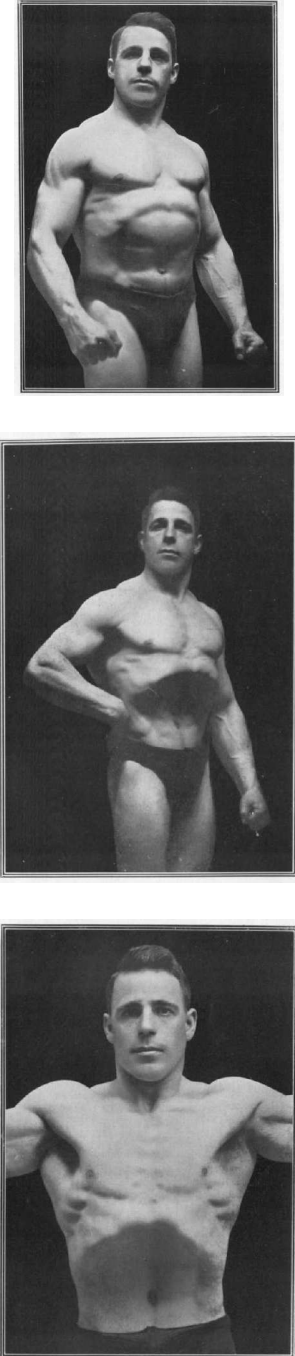
Body part	Exercise name	Description	Picture
<i>Thorax</i>	MC-pectoral	Stand erect with the back slightly rounded forward and keep your arms stretched to both sides in a crucifix position with palms facing forward. Now try to contract the pectorals without moving the arms.	
<i>Thorax</i>	MC-pectoral-DSR-1	Assume the position of MC-pectoral-ISR-3 and raise your arms over head while you inhale, keeping the inwards tension all time. Lower your arms from top to bottom position while you are exhaling with the same tension.	
<i>Thorax</i>	MC-pectoral-DSR-2	Assume the position of MC-pectoral-ISR-4 and raise your arms over head while you inhale, keeping the outwards tension all time. Lower your arms from top to bottom position while you are exhaling with the same tension.	

Body part	Exercise name	Description	Picture
Thorax	MC-pectoral-ISR-1	Grasp your hands in front of your chest with arms semiflexed. Press inwards powerfully (without strain).	 <p data-bbox="1139 696 1433 801"><i>Mr. Maxick, showing the superb degree of control, power and suppleness attainable when desired by Maxalding. Note: There is no occasion to secure a fraction more muscle than desired, the development being controlled entirely by the power of performance and the repetitions of the exercises.</i></p>
Thorax	MC-pectoral-ISR-2	Grasp your hands in front of your chest with arms semiflexed. Pull outwards powerfully (without strain).	 <p data-bbox="1353 969 1417 1055"><i>No. 8. Control of the Pectorals with hand pressure by muscle control recalled. Ken Vasey.</i></p>
Thorax	MC-pectoral-ISR-3	Grasp your hands in front of your abdomen with arms semiflexed. Press inwards powerfully (without strain).	 <p data-bbox="1161 1473 1406 1507"><i>Herbert Loveday (Mr. Britain 1939) demonstrates the position for Ex. 10.</i></p>
Thorax	MC-pectoral-ISR-4	Grasp your hands in front of your abdomen with arms semiflexed. Pull outwards powerfully (without strain).	

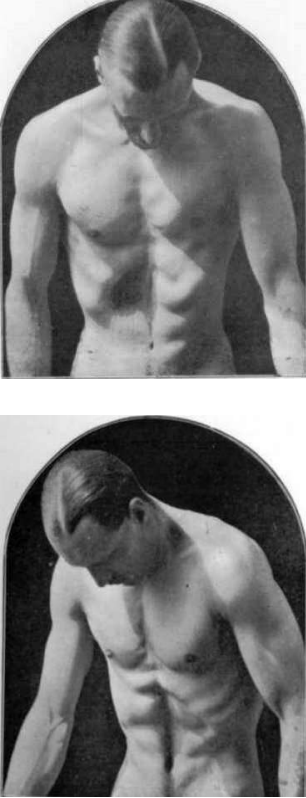
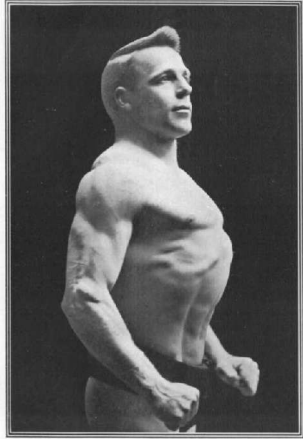
Body part	Exercise name	Description	Picture
<i>Thorax</i>	MC-pectoral-ISR-5	Stretch your arms to both sides of the body and try to touch both hands while you press firmly the arms against the pectorals. You may need to bend your shoulders forward as far as you can. Contract the whole pectorals.	
<i>Thorax</i>	MC-pectoral-stretch-1	Interlace your hands behind the lower back. Stretch your arms downwards and bring your shoulders backwards as far as as you can. Contract the pectorals in this position.	
<i>Thorax</i>	MC-pectoral-stretch-2	Stretch your arms backwards forming an angle of about 45° with the vertical line. Try to put together both arms. You should feel an intense stretching of the pectorals.	

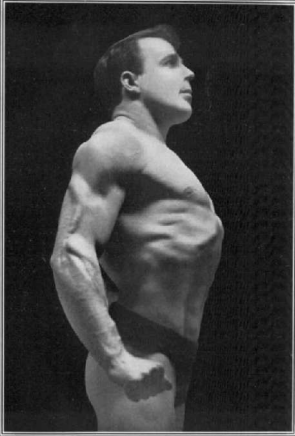
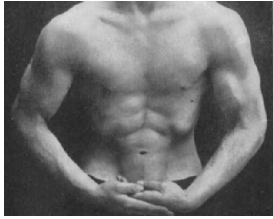
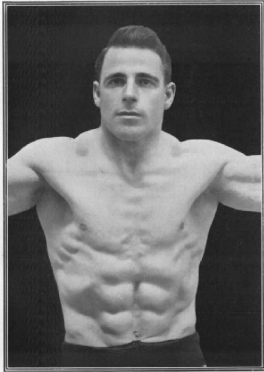
Body part	Exercise name	Description	Picture
<i>Thorax</i>	MC-serratus	Adopt the position of MC-serratus-ISR and try to reduce progressively the hand pressure on the back of the head. Concentrate in the upper ribcage in this position, feel the tension and intensify it.	
<i>Thorax</i>	MC-serratus-DSR	Adopt the same position than in MC-serratus-ISR and bend the upper back slightly and very slowly forwards. Avoid any contraction of the abdominals. You should feel a light tension between the upper ribs.	


Body part	Exercise name	Description	Picture
<i>Thorax</i>	MC-serratus-ISR	<p>Place your hands behind your head with the neck erect or slightly bent backwards. Now press the head forwards resisting the movement and keep the position with the elbows pointing to the roof. Be very careful with the amount of tension that you put on the neck. In advanced stages, you should be able to contract the serratus muscles with a minimal amount of pressure over the head.</p>	



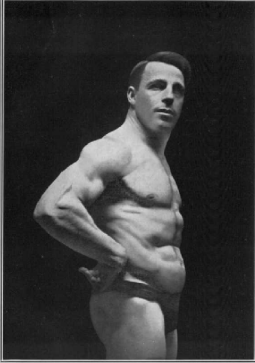
Body part	Exercise name	Description	Picture
Thorax	MVB (Maxick's virtual breathing)	<p>This exercise is based on the performance of an abdominal vacuum and virtual breathing. Although this exercise is very safe (if carefully and properly used), if you feel some sign of discomfort, stop immediately and consult your doctor. The detailed description should be:</p> <ol style="list-style-type: none"> 1. Do a perfect abdominal vacuum exhaling as much air as you comfortably can. 2. Try to inhale while you are holding your breath in the vacuum position, i.e., perform a MC contraction of the muscles involved in inhalation without air. 3. Relax your breathing muscles (exhale without air). 4. Repeat the virtual breathings, steps (2) and (3), as much as you can without any discomfort or strain. You should be able to breathe normally after the performance, without any sign of suffocation. 5. Relax and practice some SMCB. 	

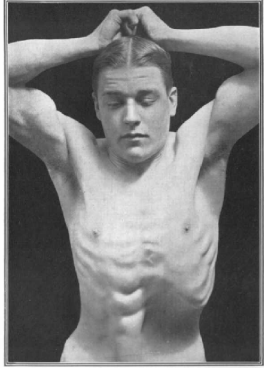
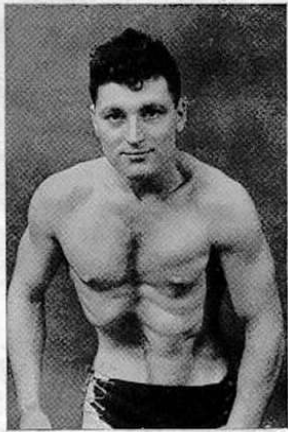
MC of the muscles of the abdomen

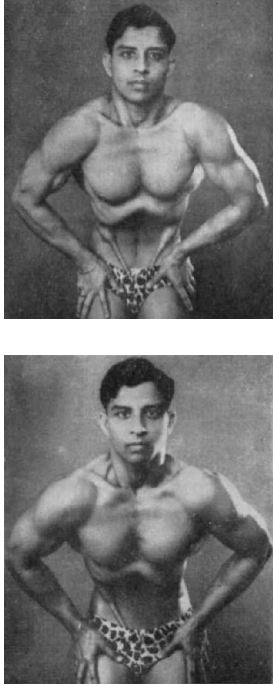
Body part	Exercise name	Description	Picture
<i>Abdominals</i>	MC-abdominal-AMC	<p>Perform a perfect mental central isolation with breathing and try to do a simultaneous horizontal isolation. Usually the most visible and easy to control section is the central one (the third from above, just over the navel). A ballistic performance with SMCB could be easier at first. When you are able to fix the control, try to intensify it, visualize the isolated muscles in your mind clearly (don't use the mirror at the beginning).</p>	
<i>Abdominals</i>	MC-abdominal-breath-1	<p>Practice slow controlled breathing (SMCB). You should observe that the abdomen depresses slightly with each exhalation. You must concentrate on this effect in order to increase the depression gradually without straining the breaths at all.</p>	

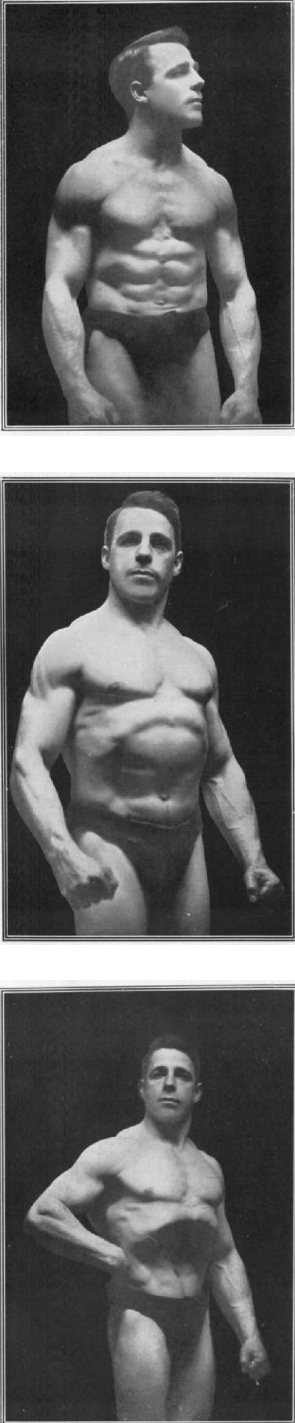
Body part	Exercise name	Description	Picture
<i>Abdominals</i>	MC-abdominal-breath-2	When you have mastered the MC-abdominal-breath-1, try to exert an explosive (but careful and controlled) exhalation of the air through the nose. The very important point here is to be able to exhale the maximal amount of air of the lungs by diaphragmatic means only.	
<i>Abdominals</i>	MC-abdominal-central	Perform a new vacuum and place your palms exactly as if you were going to press with them, but don't press this time! Only feel the contact of the palms. In this very moment, exert a mental contraction on the rectus abdominis, visualizing and feeling the same sensation you had when you pressed with your hands over the legs. Do this contraction explosively, but with SMCB (slow breathing), without forcing the exhalation.	 <p data-bbox="1129 1003 1434 1070">First phase, eliminating hand pressure.</p>  <p data-bbox="1182 1447 1382 1491">With breathing.</p>

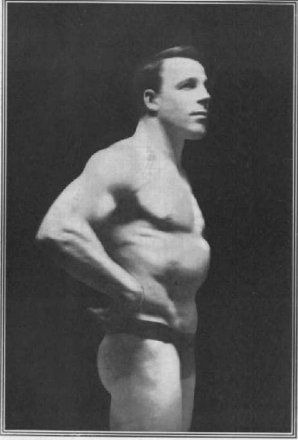
Body part	Exercise name	Description	Picture
<i>Abdominals</i>	MC-abdominal-central-hand	<p>Place the palms of your hands (sometimes it could be helpful to keep the fingers slightly open) over the upper section of your legs, or the lower part of your hips. You should experiment the best posture. Bend your lower back a little as far as you note that the abdominal muscles are perfectly relaxed. Don't bend too much, because the gravity would exert a negative effect on the internal organs, trying to drop them downwards. Now, perform a correct vacuum and press firmly, but softly, with the palms over your legs or hips. If the abdominal muscles are relaxed you should observe a protruding of the central rectus abdominis.</p>	 <p>Maxaldist Ron Chillington demonstrating the "beginner's position" for the mastery of the central isolation of the abdominal wall. Ron was a youth when this photograph was taken and he has since developed into one of the finest all-round lifters in the country.</p>

Body part	Exercise name	Description	Picture
<i>Abdominals</i>	MC-abdominal-external-1	Stand erect (don't bend your back, but keep relaxed) and turn slightly your hips towards the side you can control. You should feel a very soft contraction of the lateral oblique. To intensify this action raise a little the corresponding hip and lower very slightly the thorax over the same side (but, don't contract the intercostals).	 <p data-bbox="1150 555 1415 591">EXERCISE 15. Herbert Lovejoy demonstrating the position for the control of the Obliquus Externus Abdominis.</p>
<i>Abdominals</i>	MC-abdominal-external-2	Contract both external obliques and intensify mentally the action of each muscle.	 <p data-bbox="1150 1059 1415 1093">Fifty year old Ernest Allen of Chesterfield gains a bronze award with this semi-abdominal retraction with external-oblique isolation well performed.</p>
<i>Abdominals</i>	MC-abdominal-horizontal	Relax completely and adopt the best posture to perform a correct vacuum, but now, instead of a vacuum, perform a very slowly (but firmly) contraction of the whole abdominal wall. Note how some parts contract before or, alternatively, more powerfully than others.	

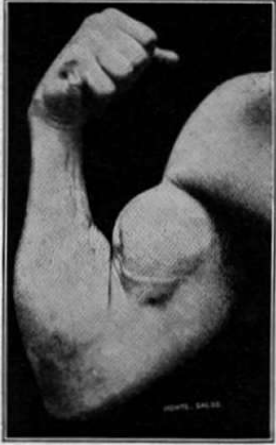
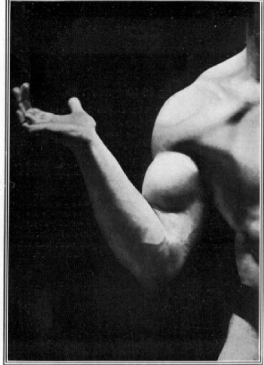
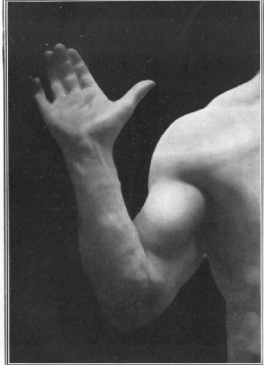
Body part	Exercise name	Description	Picture
<i>Abdominals</i>	MC-abdominal-side	Adopt the position most favourable to do a lateral isolation of the rectus abdominis, perform it correctly and then try to decrease very carefully, in little amounts, the palm tension. Concentrate intensely in the contraction feeling of the muscles and replace the hand action by mental contraction as far as you can.	
<i>Abdominals</i>	MC-abdominal-side-hand	Adopt the same position as MC-abdominal-central-hands, with both hands relaxed over the legs. Perform the vacuum (you can do it with breathing or not, but I find better to do it with breathing) and press slowly with only one palm, keeping the other relaxed.	 <p data-bbox="1142 1305 1430 1335"><i>Maxaldist D. Garratt demonstrating exercise 18, the single-sided isolation of the abdominal wall.</i></p>

Body part	Exercise name	Description	Picture
<i>Abdominals</i>	MC-abdominal-tendon	<p>Try to relax as far as you can the rectus abdominis during the vacuum performance. Concentrate on the inner layer of both sides of your abdominal cavity and try to tense them up and down beginning just under the ribs. Concentrate and visualize the triangular tension feeling you generate with the abdominal tendons from your inner pelvis to the diaphragm.</p>	
<i>Abdominals</i>	MC-pelvic	<p>The most favourable position to practise at first these controls is seated with legs open and relaxed buttocks. Beginners could mix the contraction of the anal muscles with the produced by the front muscles of the pubis. This can be isolated by means of AMC, observing the effect of increasing tension on this area. If you progressively contract the anal muscles more powerfully, you should be able to feel some tension transference towards the pubis. With some practice you can isolate both contractions.</p>	


Body part	Exercise name	Description	Picture
<i>Abdominals</i>	MC-vacuum	<p>Stand erect with body relaxed, especially the abdominal wall, the legs and the back. Concentrate in you breathing and in the action of the serratus, but don't force the inhalation at all. Keep your legs comfortably straight, but relaxed. Inhale with the effort of your serratus mainly, keeping the thorax expanded forward, but don't raise your chest. Sometimes a very slight downward bending of the lower back and the head can help to relax the abdominal muscles. When you feel that your lungs are filled without any strain, concentrate in your diaphragm and exhale the air from the lungs explosively, but without any effort, keeping the thorax expanded by the action of the serratus. The external air pressure and the inertia of the diaphragm motion must be enough to complete a perfect vacuum.</p>	

Body part	Exercise name	Description	Picture
<i>Abdominals</i>	MC-vacuum-breath	Do a perfect vacuum and concentrate on how your exhalation affects the performance of the exercise. Relax a few moments and repeat, but now try to inhale again keeping the diaphragm in that position. You could find difficult to breathe in this position. The key to success is to breathe slowly and with the action of the serratus only.	

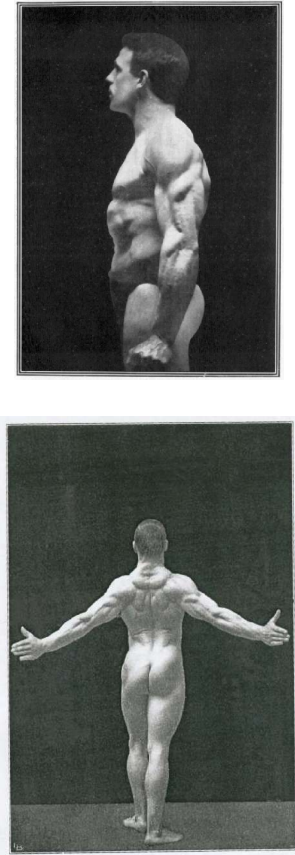
MC of the muscles of the arm

Body part	Exercise name	Description	Picture
<i>Arm</i>	MC-biceps-1	Bend your arm as far as your forearm almost touch your biceps and perform a slow and progressive contraction just below the vibrating point of the muscle. Don't allow your muscles cramp, it does not produce any additional benefit and can be dangerous. The biceps can be (and should be) controlled in several joint angles in this position.	 <p data-bbox="1134 875 1433 920"><small>The arm of Monte Saldo, the great Muscle Controller. This arm broke world's records on the Snatch, Jerk, Press and Swing.</small></p>
<i>Arm</i>	MC-biceps-2	Bend your arm forming an angle of 90° between the forearm and the biceps. Contract slowly and keep the tension. The biceps can be (and should be) controlled in several joint angles in this position.	 

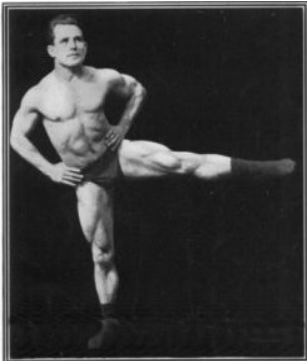
Body part	Exercise name	Description	Picture
<i>Arm</i>	MC-biceps-3	Keep your arm almost straight, but do not force the stretch, because you would produce an instinctive powerful antagonistic contraction of triceps. Contract the biceps very slowly and try to keep the tension	
<i>Arm</i>	MC-brachialis	Bend your arm almost completely, but be careful that your biceps does not press your forearm, because such pressure would produce some instinctive contraction of the biceps. Now, put your forearm in front of the corresponding shoulder pointing vertically to the roof. The key is to turn your wrist outwards as far as you can (without forcing it), so that the palm faces to the front, very similar to a pull up isometric hold in the upper position.	
<i>Arm</i>	MC-brachioradialis	This muscle contribute powerfully to the elbow flexion when the biceps is in a mechanical disadvantage, so that in order to control this muscle we should find a position in which the elbow is flexed while the biceps is almost relaxed.	

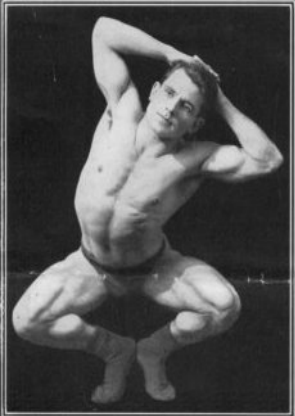
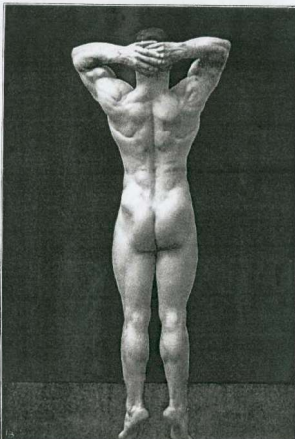
Body part	Exercise name	Description	Picture
<i>Arm</i>	MC-finger-1	Imagine that you have to squeeze a tennis ball. Adopt this position and contract powerfully your fingers, but without strain.	
<i>Arm</i>	MC-finger-2	Stretch your fingers completely and contract them in this position.	
<i>Arm</i>	MC-forearm	Keep your arm straight pointing to the floor. Now, rotate your wrist upwards as far as it forms an angle of 90° with respect to the forearm line and the floor. Your fingers should point to the front. Keep your fingers comfortably closed, but relaxed, do not force them.	


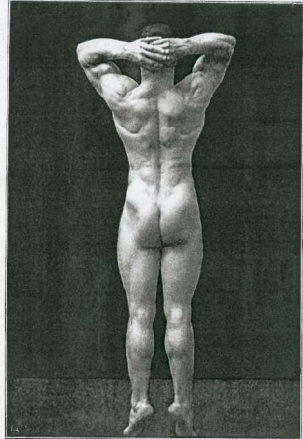
Body part	Exercise name	Description	Picture
<i>Arm</i>	MC-triceps-1	Stand erect and bend your arm at chest height as if you were going to do a push up. The wrist must be straight and the palm facing down towards the floor while the forearm is also parallel to the floor. Now bring your elbow backwards as far as you can in this position. This and the 90° rotation of the wrist with respect to the biceps line are the key to suppress the biceps contraction. You should feel the tension mainly in the lower part of the triceps, near the elbow, similar to the first effort to do a push up.	
<i>Arm</i>	MC-triceps-2	Focus your mind in the back insertion point of the elbow. As you increase the contraction effort very slowly, you should feel the beginning of the tension very near the elbow. Try to raise this tension progressively along the central line. Adopt the position explained before (bend your arm at 90° in line with the chest), but now try to rotate your wrist outwards as you comfortably can.	

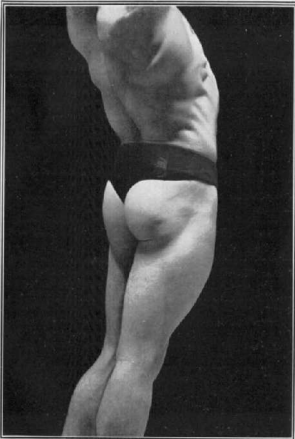

Body part	Exercise name	Description	Picture
<i>Arm</i>	MC-triceps-3	Extend your arms to both sides at a 45° angle with respect your body line from the legs and stretch them as far as your comfortably can, trying to put your forearms backwards with the wrists pointing forward.	

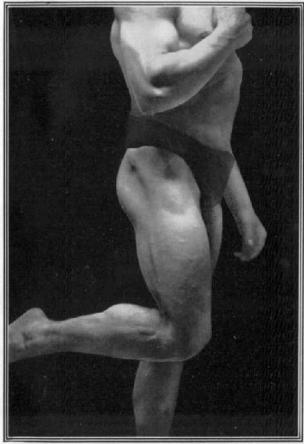

MC of the muscles of the leg

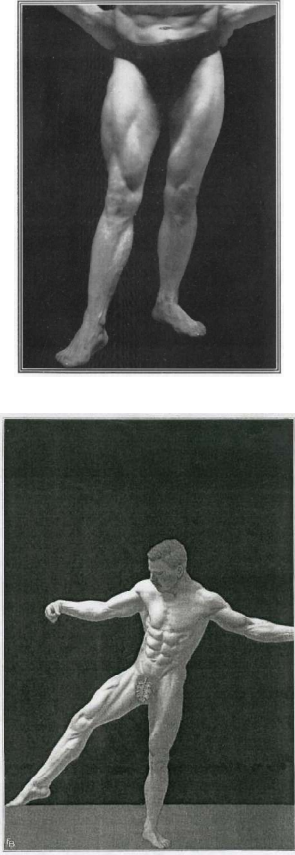
Body part	Exercise name	Description	Picture
<i>Legs</i>	DMC-leg-raise	Simply raise one leg to the side as far as you comfortably can contracting all leg muscles simultaneously without forcing them.	

Body part	Exercise name	Description	Picture
<i>Legs</i>	DMC-squats	Contract all your leg muscles during the squat movement, inspire during the raising phase and exhale during the lowering phase. Perform the exercise as slowly as you can. The muscle contraction must be fluid and not shaking, avoiding antagonistic actions. You can tilt your body to each side to make the exercise harder.	
<i>Legs</i>	DMC-toe-raise	Remember to contract the calf muscles during both phases of the movement that should be done very slowly.	 <p data-bbox="1177 1305 1385 1323">Kräftigung der Beine durch Fersenheben.</p>

Body part	Exercise name	Description	Picture
<i>Legs</i>	DMC-walking	Walk in place raising your heels as far as you can and contracting the legs muscles.	
<i>Legs</i>	MC-gastrocnemius	Put your feet firmly over the floor and try to raise the calves or contract them raising the toes.	 <p data-bbox="1177 1608 1385 1626">Härtigung der Beine durch Fersenheben.</p>

Body part	Exercise name	Description	Picture
<i>Legs</i>	MC-gluteal	Keep your legs straight at shoulder width and open your feet outwards as far as they form an appreciable angle with your line of sight. Now, trying to keep both legs straight, bend your back slightly backwards. The weight imbalance produced by the position of the back should produce a remarkable contraction of the gluteus.	
<i>Legs</i>	MC-hamstring-1	Keep one leg completely straight and the other (the contracted one) slightly bended. In this position try to move the bended leg backwards but do not move it. Feel the contraction and try to intensify it mentally. When you have developed the mind muscle connection, the imaginary movement is not necessary.	 <p data-bbox="1262 864 1289 880">76</p> <p data-bbox="1262 1339 1297 1350">FIG. 35.</p>

Body part	Exercise name	Description	Picture
<i>Legs</i>	MC-hamstring-2	Stand erect and place your hands over a solid wall or furniture in order to keep balance. Bend one leg so that the lower leg forms a 90° angle with the upper leg. The other leg must be kept straight. In this position try to point your toes backwards as far as you reasonably can. You should notice a very powerful contraction in the back of the leg.	
<i>Legs</i>	MC-leg-upper	Keep your legs straight and open them to sides as far as your comfortably can. Now contract powerfully your upper leg muscles.	
<i>Legs</i>	MC-quadriceps-1	Stand erect with legs perfectly straight and feet pointing to the front. Now try to bend your knees backwards, but without varying the position. Some people find easier to try to raise the kneecaps in this position.	
<i>Legs</i>	MC-quadriceps-2	This exercise is performed exactly in the same form than MC-quadriceps-1, but this time you should point your feet outwards.	

Body part	Exercise name	Description	Picture
<i>Legs</i>	MC-quadiceps-3	Keep your legs straight, but advance one of them with its feet pointing to the front. Contract the quadriceps. You should observe a more intense contraction in the upper part, near the hips. You can do this contraction even harder raising the contracted leg to the front forming a 90° angle with your body (parallel to the floor)	 <p data-bbox="1134 1149 1430 1167">Ausbildung der Bauch- und Beinmuskeln.</p>
<i>Legs</i>	MC-tibialis	Keep your legs straight or forming a 90° and raise your feet forward as far as you can.	
<i>Legs</i>	MC-toe-1	Contract your toes downwards as far as you can without strain.	
<i>Legs</i>	MC-toe-2	Raise your toes upwards as comfortably you can.	