

**Philosophy, Science and Practice of Maxalding 2 - Maxalding Psychological Principles and
Maxick's training "secrets"**

Juan Antonio Martínez Rojas (Ph.D)

Philosophy, Science and Practice of Maxalding 2 - Maxalding Psychological Principles and Maxick's training "secrets"

Juan Antonio Martínez Rojas (Ph.D)

Contents

1. The discover of the "mind over matter" ability	1
2. The control of the mind over the body	2
3. Visualization techniques	16
4. The importance of individual training	18
5. The key to success, absence of boredom	20
6. The mental way to super-MC ..	20
7. Maxalding as a mental attitude and lifestyle	21
8. Spiritual benefits of Maxalding	22

1. The discover of the "mind over matter" ability

The discover of MC as a form of exercise is not new and certainly some "tension exercises" are as ancient as can be yoga and martial arts. However, Maxick was, beyond any doubt, which gave to MC its most scientific form. He perfected the existing controls and created many more, including the most important abdominal isolations.

The origin of the MC system developed by Maxick was curious.

[...] for I was puny, delicate child - so full of rickets, that I had reached the age of five before I could walk; and for the next two years I was so weakly that the school author-

ities exempted me from attendance. Indeed, I was always ailing, and my condition was often so precarious that more than once my life was despaired of.

At the age of seven I went to school for the first time, and then I realized how weak I was by comparing myself with the other boys, who were no more than ordinary healthy, boisterous fellows.

Being far too feeble to join in their sports, I naturally had the desire to be strong, but my parents were opposed to my exerting myself in any way, maintaining that one as weak as I could only injure himself by indulging in any form of exercise. But, in spite of the atmosphere of error with which I was surrounded, the desire to become strong obsessed me to such a degree, that the idea of using the mind as apparatus gradually evolved itself, and thus, in opposing my desires to exercise, my parents had sown the seeds that were to fructify to so great an extent.

It required some years, however, before I discovered the real secret of "mind over matter", but from the moment I realized the full meaning and the possibilities of this inner force, I went on with determination, and within a very short space of time I was physically as you can see me now, and mentally possessed of so strong a will, that I am able to deny myself of anything but the bare necessities of life without the least difficulty or ill effect.

It would take a long time to explain the process of thought that led up to the evolution of the above Idea, and it really comes under the many things which are of greater interest to the psychologist than to others whose days are taken up with the pursuit of material things.

(HOW TO BECAME A GREAT ATHLETE, Maxi-ck)

This paragraph advances some of the key ideas about MC.

- The desire to be strong (the firm belief in our own success).
- Use of the mind as developer of inner force.
- Will power.
- Mental feedback and reinforcement.
- Both physical and psychological training by means of MC.
- Increase of self confidence and personal determination with the aid of MC.

In subsequent sections we are going to analyse all this points.

2. The control of the mind over the body

I am not going to study here the physiological mechanism that enable the voluntary action over a muscle, this will be treated in another article. I am going to concentrate now in the "feeling", the experience, that allows the muscle controller to use properly his or her body as a unity, optimally distributing the energy.

Now, the great secret of doing anything well is doubtless in being acquainted with all things connected with it, in knowing the relative values of one thing to another and their powers, and then in applying this knowledge to accomplishment. This is the secret, no less

where physical power is to be directed towards any issue. There must be a knowledge of the set of muscles which are to be used in any particular effort, and there must control. One must be able to call forth the set of muscles needed as swiftly as the thought, and then must come to the effort, not directed by any feebleness, but by the power of the will. All must be subservient of the will!

(HOW TO BECAME A GREAT ATHLETE, Maxi-ck)

MC control develops health and strength in itself. For Maxick, however, MC is not the ultimate goal, MC is only the theory, the mean, complementary to intellectual work, by which you can be perfected as much as physically as mentally. The development of will power is the key, the real finality of all Maxalding training. And this will power applies to every activity in our lives.

And will come as a surprise to many, [...], when I say that I am not by any means a keen weight-lifter. The study of Nature, either in herself, or reflected in the writings of the poets, philosophers and scientists, have far greater attraction to me than the elevation of masses of metal.

*I only became a weight-lifter in order to prove that the **control of the muscles** was the greatest consideration in the performance of feats of strength; and I reason, with obvious logic, that if I am able to perform feats of strength far beyond anything ever accomplished by the most scientific lifter at my weight, by controlling the muscles, I can put that power to a much greater use; in fact to the greatest use of which this world is need - to the curing of disease.*

(HOW TO BECAME A GREAT ATHLETE, Maxi-ck)

The importance of an adequate control on the body functions, not only mechanical motions, is clear. All daily activities can be benefitted by muscle control. For example, the relaxation and concentration techniques

implied by muscle control can improve intellectual work a lot.

On the other side, the use of muscle control in order to relief injuries and for rehabilitation is beyond any doubt. One of the most succesful and famous cases was the training of Alan Mead by Monte Saldo. Alan Mead was bad injured during World War I and he lost a leg. In spite of this, wisely directed by Monte Saldo, he was able to develop one of the most amazing and perfect natural bodies of all times. The muscle control abilities of Alan Mead are also legendary. Many people think that he was probably one of the best after Maxick.

Some people accused Maxick of overestimating the real value of muscle control. They sustained that the only true method for acquiring strength is weight-lifting. Maxick never rejected a rational use of weights for maximum strength gains.

*I should only like to correct several errors regarding my own person for the last 40 years. It is unkwown to me that I should ever have made the statement that **only** muscle poses were the cause of my abilities in weightlifting. In the contrary, I have achieved strength and muscles as far as they are remarkable through weightlifting [...].*

(YOU ARE AS STRONG AS YOU WISH TO BE, Maxick)

Does it imply that MC is ineffective as a mean of muscle development? Not at all. We can study this paragraph more closely and we shall discover a lot of interesting things.

First of all, note that Maxick carefully avoids the use of the words "muscle control", he literally speaks about "muscle poses", a very limited form of MC for exhibition purposes. We must consider that Maxick was a very clever person and he chose his words very carefully. In the Maxalding literature we appreciate that the concept of MC is much wider and it applies to every possible exer-

cise. This can be proved by the following words of Maxick.

*You shall probably ask me now what kind of exercises I practiced and how often I repeated them. I must confess that I can't recall this early details. But I shall tell you "how" I practiced. There was for me only one thought and one desire - **to become strong** - and everything else had to bow before this unconditional goal.*

The first key is the use of visualization techniques during exercise, we shall dedicate the next section to this very important point.

It is doubtless valuable for a modern athlete to take advantage of the avaliable technical knowledge and of useful special exercises in his path of development. If he utilizes these assets wisely he will derive their full benefits and accelerate the rate of progress. When I was young there were hardly any sport periodicals avaliable to provide me with practical advice. In this limited era no direct theoretical could be secured. Thus I was compelled to be completely on my own. I had to place the main stress of my efforts on the execution of the exercises and not their quality. I very soon learned that the important factor was the inspiration and motivation in performing an exercise and not merely the number of its repetitions. With this I want to say that I did not put any special value on a high number of mechanical repetitions but that I combined every individual movement with the conscious sensing of a strengthening of a certain group of muscles. Through this process the entire attention flowed into the muscles active at the moment and the inner expectation of a strengthening resulted in an advantageous change of the physique.

This is true MC! The concentration of all mental and body resources over the exercised muscles. When you perform an exercise think that your life depends on it in this very moment, but relaxing all other muscles

and thoughts, trying to redistribute all energy to the stressed body parts. With this theory in mind, is it really so important the use of weights? In fact, force is force, because in the macroscopic world we can only experience gravity and electromagnetism and they are measured in the same unities. An experienced muscle controller can increase the intramuscular tension of almost any body part to levels so high that the generated resistance is equivalent to maximal loads for the individual. A simple calculation based in the concentration abilities of Maxick can prove this (note that I shall not use the evident lifting records).

To show the terrific strength of his abdominal muscles Sick used to lie flat on the stage and I, or some other 180 pound or 200 pound man, would stand 7 feet above him and jump on to his abdomen; believe me, I bounced as if jumping on to solid rubber! You mathematicians can work out with what force the feet of a 200 pound man would strike Max's rectus abdominis when falling from a height of 7 feet.

(A SUPERMAN - MAXICK, Tromp van Diggelen)

Before calculating, I must clarify that from a physical point of view the relevant magnitudes in a collision are energy and momentum, not force. The magnitude which Tromp wanted to know was really the impulse, the force generated in a short time by the interchanging of momentum in a shock. If we suppose that the impact has taken a time of about 0.1 s and the collision is nearly elastic, the result is about 4500 N, the equivalent to 450 kg-force, all generated by muscle controlled voluntary contraction! This is paradigmatic example because this huge amount of force was not generated by any mechanical means.

Actually, Maxick was criticized by his lack of technical skill in weightlifting. He was never a devoted weightlifter.

What is really the role of weights in Maxalding? Are they the real mean of muscle development? Is Maxalding a fraud, another free-movement course with impossible claims?

No, Maxalding is a solid piece of science. The exclusive use of bodyweight exercises has nothing to do with the foundations and the spirit of Maxalding. Another thing, that we shall discuss further, is the possibility of developing an extraordinary muscularity without weights.

*It must, therefore, be made clear to everyone that strength in its essence is a **condition of conciousness** and that all exercises are mere means. However, just as you require scales to control the material weight of an object so the mentally training athlete when weight lifting can mesure the quality and strength of his muscles.*

An additional advantage of the use of weights and other exercising apparatus is the strengthening of the tendons which only then grant to the developed muscle the practical carrying out of a feat of strength.

This paragraph from Maxick's article is very clear. Let's read it carefully.

- "Strength in its essence is a **condition of conciousness**". The power of the mind is the origin and real instrument of strength development. There are countless facts that prove it. For example, the human being is not naturally adapted to climb, but by means of our mind free climbers are able to do things considered impossible for the human race (if you do not know that a 9a means in the scale of climbing difficulty, I suggest you to take a view). The same thing occurs in almost every branch of fair sport.
- "All exercises are mere means". MC is not a bulging exercise in itself, as many can believe, it is the mean by which you

can perform the strongest possible mind - body connection. If you use MC as a mere mean to develop muscle, you will fail. There are a lot of quicker methods to achieve muscularity than MC, because MC does not produce large damages in the muscle fibers. MC is a long time and patient investment (the best one for health, indeed).

- "Just as you require scales to control the material weight of an object so the mentally training athlete when weight lifting can measure the quality and strength of his muscles". The principal use of weights is the mental reinforcement and encouragement that can produce the objective measure of your progress. But if you are not interested in breaking numbers, weights are not necessary.
- "An additional advantage of the use of weights and other exercising apparatus is the strengthening of the tendons which only then grant to the developed muscle the practical carrying out of a feat of strength". The strengthening of tendons can be done by other means different from weights with the same (or better efficiency), for example, self-resistance. The use of apparatus for this purpose must be very sporadic and limited, because it requires high tension and concentration. Too much tendon training will cause bad injuries.

The misconceptions about MC and its applications had two consequences. The difficulty of learning MC alone conducts to a scorn and progressive oblivion of this art and science, which degenerated into isotension in bodybuilding circles. The second is evident, nobody has been able to emulate Maxick in all round strength, weight by weight, in the last 100 years.

Mind you, although Max admits that Terlazzo would have defeated him owing to

the latter's great strength helped by modern (Bob Hoffman) scientific lifting I am still of opinion that my man (Maxick) was the stronger of the two where sheer nerve power and muscular quality are concerned.

(A SUPERMAN - MAXICK, Tromp van Diggelen)

It is rather in the jerk from the shoulders overhead that Maxick is seen to best advantage, and his record of 340 pounds in this movement would be equal to no less than 400 pounds today. This is truly phenomenal lifting. It would appear to surpass by at least 20 pounds the best jerking ability of any present-day lightweight lifter. [...] Of him it could almost have been said, "We shall not see his like again".

(THE SUPER ATHLETES, David P. Willoughby)

There have been a lot of vituperative opinions about MC, accusing Maxalding of false and nonsense. Let's read some of this opinions.

Shortly after producing his book, Maxick formed a partnership with another muscleman, Monte Saldo, and together they created a physical culture course called "Maxalding: Nature's way to Mental and Physical Fitness." The basis for their training advice was that calisthenics and muscle contraction were the only things needed to produce a superb physique. This, of course, was nonsense, but the course sold well anyway.

(GALLERY OF IRONMEN - MAXICK, David Chapman)

Oh, really? What is the idea of a superb physique for this author? A body like Sergio Oliva's one? Are not classical bodies (the most appreciated from a common aesthetic point of view) like Tony Sansone's, "superb physiques"? Sig Klein, who was a Maxick's pupil, said *train for shape, and the strength will come*. Note, shape, not bulk. There is a lot of prejudged and nocive conceptions about

bodybuilding .

Another attack to MC came from Alan Calvert and Otto Arco. Apparently this opinion is very reliable because Otto Arco was one of the greatest in the art of MC. He claimed to be the best and to have invented some of the controls attributed to Maxick. Here is the opinion of Tromp van Diggelen about the Otto's claims.

It was in the year 1909 that I made up my mind that England should learn what muscle control really meant. I was good at it (and still am, I don't think even Arco could beat my own control) but I knew that Max had attained the absolute mastery of all voluntary muscles and could even control to some extent an involuntary muscle (the heart).

In fact, Arco was preparing some sort of "ultimate apparatus" for strength development. Perhaps, the possibility of developing a superb body without appliances was against his business. In words of Alan Calvert.

What is really meant by "Muscle Control" is mind - control over muscle. Simply, the ability to flex a muscle by an effort of the will, without the motion of limb or body which usually accompanies such flexion. [...] Such stunts can be used as a form of exercise; altho it is doubtful whether they add much to either the size or strength of the muscles. Unquestionably they do help to promote a better circulation of the blood. [...] The greatest interest in "muscle-control" - the technical kind - is in its possibilities as a means of development. Perhaps there are individuals, who have succeeded in getting a prominent muscular development thru the daily performance of "muscle-control" stunts. The trouble is that muscles so developed, while they may stand out distinctly, rarely have power in proportion to their size. And, almost invariably, the development is confined to these few muscles which are involved in the most spectacular display

stunts. The objection to "muscle-control" as a means of development, is much the same as the objection to the once-popular "resistance exercises"; (those in which a muscle is developed thru working it against the resistance of its opposing muscle). Unquestionably resistance exercises helped some men to get showily-developed upper arms. But both methods are limited in their application to comparatively few muscles; and both involve a nervous drain.

(THE LARGER ASPECTS OF MUSCLE CONTROL, Alan Calvert)

Thus, the two main critics to MC are:

1. MC has a very restricted application, it cannot work all muscles.
2. MC involves a nervous drain.

The first point is highly paradoxical, because the purpose of real MC is the complete and healthy development of all muscles in the body, including, directly or indirectly, the internal organs. In fact, the self-massage that generates MC in the abdomen and torax is impossible to simulate with another type of exercises. The second point is absurd. Does not the lifting of a very heavy barbell drain the nervous system? Why do olympic weightlifters perform so a low number of repetitions? Note that Alan Calvert does not mention the relaxing effects of MC, a key point in Maxalding.

Liederman and Paschall express their thoughts about MC in similar terms. But, there is a contradiction. For example, many experts do not negate the value of MC for developing strength, but its value as affective mean to cause muscle growth (hypertrophy). This is the idea, for example, of Jubinville.

Who has the truth? All this information conducts us to the real secrets of Maxick's training. The most attractive thing about Maxick is the fact that he was not geneticaly favoured by Nature, he was a very ill child

indeed. What were the exercises that Maxick used? Can we emulate him? We can deduce them from the testimonials of those who saw him training. Here are the opinions of Tromp van Diggelen, Edward Aston, George Jowett, Pullum and finally, a very realistic testimonial from Court Saldo.

*On the stage he never lifted barbells, his chief act was a gymnastic exhibition on two long silver chains (no rings); on these chains he performed remarkable stunts such as crucifixes, etc. While the spotlights showed up his unparalleled development; when Max then gave his muscle control act (I can assure you from very vast experience that the world has never seen the like).[...] After this Max, who usually weighted **under** 140 pounds in his music hall performances, would invite any heavy man in the audience who would like to be lifted to come on the stage. This human dynamo would even take a 240 pound man, apply his open palm to man's lower spine, get the man to grip his (Max's) wrist with both hands, then he would hoist the cumbersome human dumbbell to his shoulder using his left hand to help and then without any fuss push him to arm's length (using the one arm only) and walk off the stage with him. Max has often run down a long flight of stairs holding me aloft with one hand. He was also a super gymnast and hand balancer and really only used weightlifting as a means of exhibiting the amazing strength which his colossal mental concentration enabled him to use to unusual advantage.*

(A SUPERMAN - MAXICK, Tromp van Diggelen)

Tromp indicates us that the core of the Maxick's training was:

- Gymnastics, especially Roman rings (without rings) feats. This type of training develops and extreme functional strength and endurance, because these exercises demand a lot of concentration and stability. The rings hit very power-

fully all the muscles in a stressing combination of controlled isometrics and explosive movements.

- Muscle Control combined with hand balancing.
- Weightlifting. Maxick lifted very infrequently in order to prove his strength.
- The key of Maxick's strength was "his colossal mental concentration".

Tromp insists in the very important psychological aspect of the Maxick's training.

A famous anatomist once said to me: "When Sick does feats of strength he actually seems to excess his physical powers" and it is true that his mental concentration is something phenomenal.

The fact that the Maxick's mental concentration abilities were intimately related with his regular MC practice is beyond any doubt.

Max Sick has since the word muscle-control was first used, been the "greatest ever" at this form of muscular adaptability. I personally claim to be the first man who introduced muscle-control on an scientific basis for in 1900 I was taken to Vienna to show my exhibition (not half as good as I saw later from Max Sick) to world famous nerve specialist Krafft-Ebing.

(A SUPERMAN - MAXICK, Tromp van Diggelen)

Here is the Aston's testimonial. Remember that Aston won Maxick at their weightlifting matches (note the extreme admiration and friendship that Aston shows to Maxick).

But Maxick was unlucky with the weights here against me - I don't believe he even trained seriously for me. He wanted to beat a heavyweight, not a middle-weight. However his reputation did not suffer. For a smallish man he was a superman, and he

*proved it. [...] His cult of muscle control was a vogue for years, and it still has many adherents. Much has been written about his relying purely on control exercise for his weightlifting matches, but there is no truth in this theory. Maxick himself says, "I trained for weightlifting **with weights** - how else could I develop tendon strength so essential to the game?"*

MC is a perfect training in itself, but **no specific**. But this happens in every branch of sport, is a consequence of the specificity principle and follows from muscular adaptability to a specific work. If you want to lift iron, you must lift iron sometimes, it is evident. And if you want to run a marathon, you must run a lot. But immediately Aston makes clearer his statement.

Maxick was not a professional weightlifter; he was a Gymnast, a Music Hall Artiste, and sculptor's model. He was also bearer in Hand Balancing acts with partners - all heavier men. I believe he could wrestle too, but cared little for it.

What was the role of MC in the beginnings of Maxick's training? Aston says us.

Was he born favoured with the promise of a good physique? No! He was sickly as a child, and when he was old enough to be tired of being mediocre, he determined to do something about it. Not being able to afford appliances he invented his own - Muscle Control - and it served his purpose until he needed fresh interests and the apparatus to further them.

Maxick was not only able to control his body, all who knew them, also admired his personality.

As a man he was and still is fine example of Strength with Modesty, and, serious in matters of physical health, he was also very human.

(MAXICK, THE SUPERMAN, Edward Aston)

The benefits of MC were fully recog-

nized by Aston after Monte Saldo, cofounder of Maxalding and probably one of the most clever trainer of all times, prepared him for his match with Inch, which Aston won.

I naturally and necessarily devoted the majority of my time and of my energies to weightlifting practice, but at no stage of my career, not even today when I am earning my regular income as an acrobatic dancer on the stage, have I omitted this self-resistance or "free exercises" from my daily practice.

I find there is quite a wide interest taken in "free exercises", in physical development through the mutual opposition or antagonism of muscle groups. [...] These should discover quite speedily that "self-resistance" or "free" exercises can be fully and even more interesting than the more strenuous systems of Physical Culture and Development.

As one develops and intensifies "free" or "self-resistance" exercises, one inevitably commences to develop "muscle-control". One learns ever more about one's own body and its possibilities, its peculiar weaknesses and strengths, and equally inevitably one is encouraged to make fresh experiments. One finds that while certain muscle groups are being strengthened others are benefiting, perhaps without one's having been fully conscious that they would so benefit. Moreover, there will be scarcely any risk at all that the muscles as they develop, that is to say, increase in bulk, will be merely for display, hard and of little, if any real value, save as "padding" for one's clothes.

Muscle which is cultivated, by mental direction, will be ever supple, resilient and of the finest quality, readily adaptable for any purpose to which it may be applied.

(HOW TO DEVELOP STRENGTH WITHOUT APPLIANCES, Edward Aston)

Aston confirms us that the regular and serious use of MC can develop strength and bulk to a high degree, benefiting all muscles in the body. Besides, this type of mus-

cles, worked by MC, are of top quality and very adaptable to any other sport. This is a key idea, if your core training is not based in MC, you must perform always MC as a preliminary training in any branch of sport, never as a "final retouch" for bodybuilding poses. Can MC substitute your specific training for gymnastics or weightlifting? No, not at all, you must feel the resistance that you want to move. But, can MC be a complete training system for developing great strength and a beautiful body without appliances? Enfatically yes.

Aston insists in the importance of mental concentration for success.

If benefit is desired and development sought after, especially if this is sought in improvement of muscle quality, the exercises should be approached and carried through in thoroughly serious vein and with full mental direction towards the goal at which one is aiming.

Aston embraced firmly the principles that founded Maxalding in his articles. The important thing in Physical Culture is not the use of weights or apparatus, is the mental attitude and its application to real MC.

You may perform free exercises until the cows come home with little benefit to your health, strength or muscularity if your mind is wandering from the thoughts of breakfast to your best girl, for it is only when you focus your full attention to the muscles being used that the work becomes strenuous and result-getting. Attempt to pick up a weight from the floor - one just within your compass - and you will find that unless you bring your full powers to bear on the job in hand, you will not succeed in raising it an inch. You have to give your full and undivided attention to the task of raising the weight; otherwise you will fail.

(HOW TO DEVELOP A POWERFUL GRIP, Edward Aston)

This is repeated continuously in almost every Aston's writings. I recommend vividly the reading of these works, because are plenty of good sense and shows some very practical training ideas. For example, the use of an anti-barbell (a leverage appliance formed exclusively by a bar and a weight of 5 kg attached to one end) is a cheapest, safe and excellent way to train with weights (without the necessity of heavy weights). Such a simple apparatus has all the benefits of kettlebells without any of their shortcomings.

The Aston's opinions are very important because he lost some fingers in World War I and surely he could not train with very heavy weights. Here are his words for a Maxalding brochure.

*"Dear Cout Saldo, You will no doubt be surprised to hear from me at this rather late day in my life, age 72, but I thought it would be of some interest to your circle of friends to know how Maxalding has served me. Second only to Maxick himself, your father considered me as **the** exponent of the cult, and as you no doubt remember, I was the chief model in the lectures and demonstrations given to medical profession and in a film taken of the exercises. Throughout my professional career Maxalding always kept me in top form, and today I am fit and taken for a man 20 years younger."*

Although the Aston's articles are sufficient to have a clear concept about the Maxick's training principles, it is a good thing to explore the experiences of another famous strongmen. George Jowett did not like pure MC exercises (without mechanical resistance), but agreed completely with Maxick's ideas.

Max Sick, the marvellous Bavarian athlete, practiced most for back development what hand balancers call "press outs". I happen to know this exercise was one of his pet exercises. So much he believed in it that it finally became his only exercise (after he had

gotten his development). [...] Personally, I do not care too much for "will power" exercises or those which involve concentration unless they are combined with some other form of resistance. It always seems to me to be too much of a drain on the nervous system. I am all for building up and would rather not do an exercise, no matter how good it is rated, if I see it causes an organic, nervous or other muscular reaction.

There are people who will mention Max Sick as a marvelous example of one who employed will power only. But this is not wholly true, and I think those people speak more from hearsay than from actual observation of this great athlete. I knew him and I saw him train day in and day out. Most of his exercises he did practise without the use of apparatus, but in all of them he supplied a resistance on much the same manner as employed in the last explained exercise [self-resistance]. He employed one group of muscles against the other. In other exercises he used light dumbbells. To some this may seem strange since his records and achievements as a strong man make the best living middleweight strong man look like a baby. His statement in his book is "I do not have to use heavy weight in order to accomplish great physical feats. Positions are the most important to learn but they cannot be learned struggling with heavy objects, which takes almost all of your strength. Neither can strong muscles be built struggling with heavy weights. Struggling with heavy weights keeps the mind from concentrating wholly upon the exercises and so robs the muscles of the benefit of the exercise". It is common sense. Arthur Saxon preached the same story and **practised** it. He said "When a man raises, once only, a heavy weight, all that he proves himself to possess is muscular control and great contractile power, but this not guarantee **sound internal organs nor does it prove that a man would come out well in an endurance test**". He further states "Take care of the or-

gans and they will take care of the muscles". I could repeat and produce proof upon proof of testimony believed and practised by other giants of strength and the substance of their training is all in the same vein, namely, exercise with heavy weights is not necessary for muscular development. Both Max Sick and Saxon stand without equal. Both were deep students of the body and knew its physical mechanism from A to Z. Both are living examples of what they practised and preached. Neither was ever influenced by commercial influences to sell or sign lying testimonials. I defy anyone to produce a written testimonial to the contrary ever signed by either man. I quote what each wrote in the only book each ever wrote. I knew them intimately as I knew others. There was a time in my young life when I became so obsessed to lift, I lost my better reasoning, and became so weak I could not lift half with two hands that I had been able to lift with one. I was seventeen years old at the time, and have to thank both Saxon and Hackenschmidt for correcting my method of training.

The unfortunate thing in the body building training of many young fellows is that for some reason they easily believe things that are contrary to fact. Facts alone count and prove the substance of the effort. Follow the advice of the great masters who proved by their superlative health and rugged strength and physical perfection the truth of their beliefs and let nothing else deter you.

(MOLDING A MIGHTY BACK, George Jowett)

This text gives us a lot of information about the Maxick's training and principles. I shall analyse it in depth.

- (1) "Press-outs", or "handstand push-ups", were one of the favourite Maxick's exercises. He performed them directly on the floor in a slow and controlled manner, probably contracting the necessary muscles along the range of motion.

Press-outs are a key exercise in gymnastics and they develop extreme coordination and core strength. One variation of this exercise is the famous "tiger bend", another pet exercise of old strongmen. These exercises were recommended for quick improvement in pressing power.

- (2) Bodyweight exercises combine very well with MC. Both type of exercises complement each other in an almost ideal form. This is because pure mental MC produces intramuscular and intermuscular tension similar to a pulling action without actual motion of the joints (muscle pulls tendon), but pure bodyweight exercises are of pushing nature in general (tendon pulls muscle). This makes the muscle controlled bodyweight exercises harder than the corresponding weightlifting ones, because in weightlifting the contraction of the involved muscles helps the motion and makes it more stable, but in bodyweight exercises, the contraction of the involved muscles makes the motion slower and more difficult, forcing us to concentrate our attention completely on the exercise. Besides, the use of our own body helps us to learn more easily which muscles must be relaxed and which contracted in full body movements. On the other side, weightlifting or self resistance exercises will be more adequate in order to learn how to isolate individual muscle groups, because produce a more recognizable tension feeling over the muscles.
- (3) The performing of a large number of exercises is not necessary. If you apply correctly MC to your training, it is sufficient to select only a few exercises which involve a lot of different muscle groups in order to develop a great strength to bodyweight ratio. Remember that MC is a perfect no-specific

training in itself. If you are not interested in excelling at any particular sport (you want to be healthy and strong in general), you need to perform only two of three whole body exercises like squats, push-ups or pull-ups.

- (4) Pure mental MC training is very difficult because it involves a large amount of learning time, concentration and self discipline. This is the main reason because many strongmen did not use MC in its pure form, an athlete wants (or needs) quicker results in general than MC produces. This was not the Maxick's case, because he had no access to any kind of apparatus during his first years of training. We can observe that the advice about MC draining the nervous system was very common between some old strongmen. This could be certain in extreme cases, comparing MC to strongfortism, for example, but it is completely absurd from the point of view of heavy weightlifting. MC affects negatively your nervous system only if you do not follow the very important advice of never allowing your muscles vibrate or strain. In fact, one of the most amazing and pleasant results of MC is the deep relaxing sensation it produces. Good MC helps to reinforce and replenish with energy your body and mind, does not drain them at all.
- (5) It is convenient to combine "real resistance" with MC in first stages of Maxalding. Many people find very difficult to relax and isolate adequately certain muscle groups, straining themselves too much while they try to contract powerfully the desired muscles. A light amount of resistance can help the student to distinguish correctly the intramuscular and intermuscular tensions. Real resistance is also necessary to develop tendon strength. MC muscle de-

velopment must be always balanced by tendon reinforcement, because a very strong muscle can damage a relatively weak and untrained tendon in a real heavy effort. But tendon strength does not involve a special training, light weights, self-resistance isometrics or controlled bodyweight leverage exercises will suffice. This does not imply that MC is not good for tendons, on the contrary, MC makes the tendons more flexible and responsive to real work.

- (6) The core of Maxick's training was no apparatus exercises, all authors agree with this. Maxick lifted seldom heavy weights, but a minimum amount of lifts was absolutely necessary for him in order to learn the correct positions for each lift, how to apply MC to them and in order to his tendons got used to high loads.
- (7) The author of the text affirms that Maxick did not use MC in its pure mental form. I do not agree with this. The Aston testimonials reveal clearly that self-resistance is only a previous mean to achieve true MC. The aim is true MC, not exercising one muscle against other. Besides, the author is referring to back exercises. Casually, many of the Maxalding back exercises involve self-resistance assistance (for example, loosening of shoulder blades) because they are not directed towards contraction, but relaxation of muscles, tendons and ligaments of the back. They are stretching exercises (excellent PNF exercises really), not contraction ones.
- (8) Maxick used light dumbbells in some of his exercises. The reason are clearly explained below in the same text. The key to success in scientific weightlifting is the correct sequence of lifting positions associated with contraction and

relaxation of necessary muscle groups. Such positions only can be learned with a definite mental concentration over the muscles, but this concentration is impossible to achieve if you worry about lifting a very heavy dumbbell. Probably the use of light dumbbells along the whole range of motion was associated with the conscious tensing and relaxing of the muscles involved in the lift and I guess that this tension was intensified in critical points by means of specific functional isometric action by means of MC.

- (9) Is amazing the agreement between all great old strongmen about the Maxick's ideas. Strong muscles cannot be really developed straining the body with heavy weights until failure. This deserves a deep reflection. Have we really advance so much in sport training from the golden age of great strongmen? Unfortunately no, all modern research has been directed (apparently?) to the design of most effective drugs and to the quicker destruction of the champion bodies. For example, why has not training to failure been removed from Earth, if it is proved its dangerous effects over the health? Who is interested in sustaining such absurd practices? Why have we to explore texts almost 100 years old in order to learn correct training and dietetic habits? Too many worrying questions without clear answers.
- (10) Strength is as important to health as endurance. But endurance is not based in the performance of hundreds of repetitions, it is founded in the care of internal organs. The endurance must be in the heart, lungs, liver, kidneys, ... If you want to improve your endurance without raising the number of your exercises, you must try the Maxalding exercises directed towards the torax and the abdomen. Practise full tidal breathing

through the nose all time and you will be amazed with the results.

- (11) A definitive testimonial that supports the claims of Maxalding, "exercise with heavy weights is not necessary for muscular development". This is also the reason by which some other systems based in the same training philosophy, like strongfortism, produces so good results. This same principle applies to bodyweight exercises, it is not necessary to perform too frequently extremely hard leverage feats like one handed one legged push-ups, one-legged squats, one armed pull-ups or handstands in order to achieve reasonable high strength levels. In this respect, an historical analysis can reveal us a very interesting conclusion. The bodyweight leverage exercises contained in the original Maxalding book and in the oldest courses can be rated as easy (the most demanding ones are simply MC squats and push-ups), except the exercise PP, considered a final test of strength and control with the advice of performing it only once or twice. However, the number of MC exercises was relatively high. In later years, under the guidance of Court Saldo, Maxalding courses evolved towards harder bodyweight exercises with a noticeable reduction of MC exercises. Which was the reason of this change? Did the faith on MC decrease? I think no. Court Saldo sustained an heroic defense of MC, but in a progressively quicker and stressing world people look for quicker results than can be generated by means of MC. Today people generally have not enough patience to learn MC, and MC is a very difficult art to learn alone indeed. Another important problem for Court Saldo was probably the changes in the aesthetic model of bodybuilding. The people demanded unrealistic and quick increases in bulk. Maxald-

ing is a natural method unable (only in muscle volume, not in pure strength) to compete with the chemically enhanced bodybuilders of today. Court Saldo was forced somewhat to increase the amount of resistance via harder leverage exercises instead the original MC exercises, less risky and more productive in the future, but considerably more difficult to learn for people saturated with "until failure" burning techniques. Unfortunately, Maxalding is not attractive because MC does not produce muscle fatigue in the accepted sense.

- (12) A deep knowledge of the own body and its physiology is necessary in order to excel at any sport. This does not implies that everybody must be a M. D, but everybody must know what is good for him or her, because each individual requires a personalized training depending on his or her needs and preferences.
- (13) Physical perfection with a perfect health is a long way which does not admit any shorter path to go. Discipline, fidelity to reasonable training and moral principles and mental control are necessary in order to achieve excellence.
- (14) "Nothing new under the sun". The same hypes that are present now destroying youth energies, were present 100 years ago. Apparently, there has been little improvement in Physical Culture from Grimek to now.
- (15) You must believe in your own possibilities. As Maxick said, strenght is mainly a mental attitude and a state of consciousness.

W.A. Pullum was a legendary weightlifter and close friend of Aston, Monte Saldo and Maxick. Here is his accurate point of view about Maxick's training (I recommend the reading of the whole article).

*The Maxick and Saldo alliance - with the new and novel system that it produced - put the use of weights into somewhat different perspective. It employed them simply to demonstrate what sheer power could be built up as the necessitous factor for lifting them by the practice of exercises in which weights themselves played no part. It was a revolutionary theory at the time, but the two principals proved it to be more than just a theory by what they did. **Maxick lifted poundages far above anything that had been done by any man of his bodyweight before.** Saldo, although a veteran who had given up the practice of heavy lifting for years, after a short preparation via the "Maxalding" method, **swung a dumbbell exceeding the poundage of his own bodyweight with one hand.** It was an official world record at the time and **the very first instance of this particular feat ever being done.** It was performed at a big professional tournament run at Camberwell in the year 1912.*

Maxick and Saldo were frequent visitors of my establishment, both being vicepresidents of the club. I had many opportunities, therefore, of witnessing what they could do in the weightlifting line when they were successfully prevailed upon to manifest this. Which, I may add, was not always for so a high standard did they set themselves that neither would consent to perform unless feeling up to that degree of achievement.

I remember one occasion well and the investing circumstances which will serve to illustrate how really little Maxick touched weights, yet how impressively he could perform notwithstanding. It was a summer afternoon and Max and Monte were paying an unexpected call. They went upstairs first to see Aston (who was then renting the upper floors of 5 Church Street for his offices), then all three came down to see me. In a short while we repaired to the club room, where Aston and myself proposed to do a spot of training.

*Asking Monte how Max was shaping, the latter replied that he should be in good form **as he hadn't touched a weight for at least 6 weeks.** I put it to Max, therefore, that he should come on to the platform, too, and give us a show. He was reluctant to do this at first but eventually agreed.*

*Without removing any part of his clothing, he took 300 lb to the chest, with two hands and jerked it overhead without moving his feet in the slightest. He then took a 200 lb barbell from the floor to the shoulder with his right hand and jerked it overhead 6 times in succession - again without moving his feet. Disdaining customary standard technique, he **"muscle-controlled" the weights up!***

(WEIGHTS ARE GREAT!, W. A. Pullum)

The text is so clear that it does not need any additional comment. It confirms our ideas about Maxalding. But Pullum did not limit to express his admiration for Maxick. He rated Maxalding as one of most scientific and productive Physical Culture methods.

In the case of Max Sick, however, when he gave "muscle-control" to the world (as he chose to interpret the term), he was, without question, presenting something entirely new. And when, with the assistance of Monte Saldo, this unique cult was amplified to a degree which made it a proven complete and ultra-scientific method of physical culture, something else equally new had come before the PC public.

Pullum emphasized also the human qualities of Maxick, as excellent as his strength abilities.

When Max Sick's story was given to the world, it was discovered that he held other qualifications than those which he had so sensationally demonstrated under the fostering and guiding hand of Monte Saldo. He was a superb gymnast and hand balancer; he was, as a teacher, most highly talented; he was learned in the field of philosophy; also a much-talented and cultured man. To

crown all, he was as modest as he was great, possessing a charming personality into the bargain.

(SOMETHING REALLY NEW!, W. A. Pullum)

The real fact is that all people who knew Maxick personally affirm that his MC and his muscle quality were unsurpassable.

Have you any doubt yet about the possibility of developing great strength and muscle with MC? Read this quotation from Pullum.

[...] see also another contribution to this pattern make history by presenting a new and sensational method of strength and bodily development, this being via the art and science of muscle-control!

Perhaps you could think that all these favourable testimonials towards MC and Maxalding are due to the friendship of the authors with Maxick and Monte Saldo. We can find similar opinions some years later, when the art of MC was almost forgotten and more (seemingly) scientific training methods had imposed.

Maxick, as he was better known, was a great friend of my father, the late W. A. Pullum, and I well remember seeing him on numerous occasions, a great many years ago, at Camberwell.

Maxick, in conjunction with Monte Saldo, was responsible for the creation of the wonderful muscle control system known as Maxalding, and as readers know, this system of P.C. is still successfully being taught by Court Saldo, the son of Monte.

In his day Maxick was a marvellous lifter, but he is better famed for his introduction of muscle control to this country where it proved a great sensation. His great powers of lifting and superb physique he attributed to his practice of muscle control, and his system aroused interest amongst the medical profession, who investigating, found the claims made on his behalf proved up to the hilt.

(ANOTHER IMMORTAL PASSES, W. S. Pullum)

In spite of the irrefutable testimonials and facts, many people insist nowadays on the claims of Maxalding being an impossible goal. The real thing was that Maxick had something special. This "mysterious" factor could not be genetic, because he was a very ill child, or dietetic, because he ate far less food than ordinary people, or based in any secret appliance, because he used scarcely any apparatus for his daily training. The logical conclusion is clear, the only possible differentiating factor had to be the regular use of MC.

In his days Court Saldo was asked about this very same question and this was his very clever, objective and accurate answer.

Was Maxick a muscle controller or a lifter first?

In Maxick's own story of his early life he told us how, when a boy, he was prevented from taking part in sport or weightlifting (...) by his parents. But in the seclusion of his room he would through the motion of lifting imaginary weights, tensing his body and contracting his muscles as though actually undergoing physical exertion. Gradually he found that he could contract muscles singly (isolate them) and his body began to develop. But it was not until later in his life that he discovered all the muscle control exercises as we know them today.

When he did eventually have the opportunity of joining his local athletic club he found that his controlled muscles put him far ahead of the other members and applying this same concentration and control to actual lifting he soon became champion of the club; then champion of the area; later champion of Germany, and eventually the strongest man of his weight in the world.

So Maxick was a muscle controller first, although the terms "muscle control", "abdominal isolations", "scapula

expansion”, etc., etc., were all coined by the writer’s father (Monte Saldo) after Maxick had come to this country in 1909.

Would Maxick have been as strong without the use of weights?

To be a champion lifter one has to acquire certain physical and psychological qualities not purely connected with muscular strength. There has to be certain adjustments to the nervous system; the “overhead balance sense” must be acquired; the personal knowledge of one’s strength that can only come from the “feel” of the weights and other things such as confidence, temperament and technique must be added.

Just a musical genius with the most perfect hands in the world could not become an instrumentalist without applying himself to an instrument, so a man of great strength could never become a champion lifter without some use of the weights. But Maxick probably handled weights far less frequently than any other world’s champion, just as he ate far less food than the average man.

*Maxick’s gymnastic ability was as great as his lifting ability and it can be readily understood that a man of 147 lb. bodyweight who could Continental Jerk 322 lb., Clean and Jerk 232 lb. **with one hand**, as well as Press 250 lb., could handle his own bodyweight in the Herculean balances with ridiculous ease.*

(THE WHY AND HOW OF MUSCLE CONTROL, PART THREE, Court Saldo)

3. Visualization techniques

A very important component of MC training is the conscious use of mental reinforcement and visualization techniques in order to achieve the desired results. Maxick is very clear in this respect.

*There was for me only one thought and one desire - **to become strong** - and every-*

thing else had to bow before this unconditional goal. My last thought before falling asleep was the wish for development of strength. In my dreams I saw myself as an athlete. Each new day began with the fervent hope that the next one would find me making physical progress towards my objective.

Now please do not lift up your arms in despair and assume that this was a kind of monomania. Bear in mind that is the absence of this constructive mental attitude and spirit of determination that makes it impossible for innumerable men to derive satisfactory progress in their physical training activities. He who wants to scale to the top of an art or activity must pay the full price for this, and the full price is absolute devotion to the cause. The essence of this devotion lies in the full attention in the carrying out of the exercises combined with the certainty that success must come as the consequence of the natural law of the foundations we lay by conscious training. In addition, perseverance in carrying out a training program is of transcendental importance. For beginners the constant use of a mirror may be somewhat harmful since we see in it only our present physical condition and run the risk of being discouraged that we will not attain the desired goal. If you look at yourself in a mirror every now and then you will be pleasantly surprised by the progress in your development and you will receive a new impulse to carry on. In my youth the use of closet mirrors was not as common as today and when I once was curious to see the development of my upper arm in the mirror I was obliged to stand on my tiptoes to see the desired object.

It is known that everything men have created has first been shaped and imagined in the idea and in thoughts. The strength, however, which is necessary for materialization of a thought is the intensity with which we inspire that thought and with which we finally mold it into a form perceptible to the senses. We express therefore figuratively

speaking only what we have imagined with sufficient plasticity and intensity. If, therefore, attention is the means of inspiring a thought there can be no question that the materialization of the thought and desire of personal strength development must reside in the steady preserving of the required attention and inner purpose.

This mental law of the material correspondence of psychological desire is an ever active operating force in our everyday life. [...]

In my own development the most rigorous body training has steadily gone hand in hand with the persistent belief in the materialization of my desires. It is my firm conviction that bodies by nature underprivileged or weakened by disease are capable through practice inspired by the wish for strengthening to progress to the stage of being capable of worthy athletic achievements. This has proved to be particularly true in weight lifting. I have been able to make the observation that ability of achievement acquired the hard way against obstacles is often more durable and constant than when it is made possible through natural endowments. [...]

*It must, therefore, be made clear to everyone that strength in its essence is a **condition of consciousness** and that all exercises are mere means. However, just as you require scales to control the material weight of an object so the mentally training athlete when weight lifting can measure the quality and strength of his muscles. [...]*

Indeed, the essence of strength does not lie in the muscles but in thought just as the strength of a locomotive can only be found in the steam and not in the wheels.

Following the great Maxick's ideas, I'll try to explain how we can apply this so important visualization techniques in a Maxalding training. These are a few general rules.

- (1) Take a positive attitude towards yourself and try to imagine a realistic and optimistic physique for you.
- (2) Sometimes, specially in first stages of training, the result are slow or you simply cannot know how would be a "perfect physique" for you. In this case, imagine yourself as Maxick, for example, and try to emulate him.
- (3) Always remember that you are unique, you must looking for your own perfection. Although you can use the Maxick's pictures for inspiration, you are different. Feel proud of your achievements and never become depressed by the fact that you are not like some other person.
- (4) Believe in your dreams, if they are good for you. Perhaps you never will be able to achieve them, but many times in the way to an (apparently) impossible success we discover more important things than those which appeared in our original thoughts.
- (5) There is a principal objective in Physical Culture, perfect health. Never abandon this goal persuaded by quicker and dangerous results.
- (6) Don't use the mirror too much. Try to imagine yourself like you want to be under your present skin. Feel your body, learn from it and teach it how it should be.
- (7) Persevere in your training. Practice until you be a master in each control, each movement, each thought of your body and your mind.
- (8) Try to control yourself in all your daily actions and thoughts. Reflect on every thought you have and try to not overwhelm.
- (9) Be patient, very patient. All important

things demand its own time. But don't be a conformist, exert yourself.

- (10) Observe the little details, because if you can do this, you will be able to face up to great aims.

And now, some more specific visualization techniques for MC.

- (1) Concentrate in your breathing instead time. Try to breath slowly and with the same rate during contraction and relaxation. Think as nothing could turn away your desired goal.
- (2) Hold your concentration in every moment, relax does not consist in allowing the mind freely wander! Relaxation in Maxalding is not a pasive attitude or a state near sleep, is a very active state of alert of the mind that prevents certain body parts to spend energy.
- (3) Try to identify your own energy and differentiate its origin: nervous, thermal, mechanical, ...
- (4) Concentrate in the flow of heat that the contraction of a muscle group produces and try to increase its effect mentally.
- (5) Study carefully a chart of muscles in the body and imagine each muscle as a perfect unity during the contraction.
- (6) Tense your muscles very slowly feeling each part of the anatomy, each fiber and direct all your thoughts to them. Relax very slowly too.
- (7) Count the contraction and relaxation times with your own breathing rate. Do not force breathing in any case.
- (8) Try to imagine how each breath is contributing to replenish you of energy, how the oxygen flow is directed towards the contracted muscle.

- (9) Try to feel and imagine how your relaxed muscles grow during rest. Always go to bed with the firm belief that tomorrow you will be better and stronger.

- (10) Avoid boredom, it will be your worst enemy. Enjoy with each control and exercise. Try to excel yourself in every action.

- (11) Never allow to be tempted by the idea that you are already a master in MC, exert yourself in each control, you can always increase your concentration a little bit.

4. The importance of individual training

Health, self confidence, strength and well being are the key goals of Maxalding. MC benefits the mind ("will power") as much as the muscles. But there are not general rules to success, each individual must find his or her own way. Maxalding is not a closed system, is a propedeutic science, a way without end, because, fortunately, perfection is not a definite point, but a continuous search and effort. Because Maxalding can be considered a mean for an integral personal development, it exceeds the field of Physical Culture to become an art, a philosophy and a lifestyle.

The ability to voluntarily contract or relax any muscle in the body is not a final goal in itself for a serious maxaldist, it is only a mean to achieve personal perfection in the physical sense. MC must be combined with a serious mental training and intelectual work for complete success. The external forces cannot produce an state of perfection without the action of the most important inner force, our mind.

This Will, this self within me, should be used to develop my body just as it had been used to develop my brain. Just as I can only learn by actual application of my mind, so

can my body only be brought to a state of perfection and into a condition of usefulness through the close employment of my mind!

Many professors have come forward with the advice to "put your mind on the muscles", but I venture to express the opinion that this saying is only reminiscent of school days, and probably one of the pet phrases of schoolmasters; but to use the mind as apparatus in a new phase in the physical culture world, and I have no fear in saying that my discovery will stand alone as the only true method of gaining control of the muscular system, and through the will, control of self.

Before a man can command success he must control himself, and before he can attain to the limit of his physical powers and come into a realization of his possibilities as an animal, he must be strong mentally and physically.

(HOW TO BECOME A GREAT ATHLETE, Maxick)

The application of MC to the development of strength generates a feedback process between the body and the mind that reinforces the will as much the muscles and internal organs. This is known in Medicine, but unfortunately people prefer to use more comfortable means to achieve some results. Today there is a revision of MC methods, in a very limited sense only directed to limb rehabilitation, via a computer scan of myoelectric signals of the muscles implied. The patient can see how his voluntary contraction of a muscle increases the signals shown by the computer and tries to control them. This method is very expensive and creates an artificial dependence on the instruments used. Besides, a computer display can never replace the actual feeling of a controlled muscle. With Maxalding you learn how to control your muscles and your mind in every situation. The mental control on the body produces a relaxing state and a sense of self confidence which help us to face up other difficulties not related with

physical culture.

The self confidence conducts to a stronger personality and this reveals us our individuality in a clearer form.

*The Maxick-Saldo System of Physical Culture is the outcome of years of practical study, research and experiment, and it is **not** a free-movement System.*

Being based upon the latest discoveries in physiological and psychological science it admits an element unknown in any other System, i.e., the Mind. The application of the subjective mental faculties, which is essential to the attainment of any mental knowledge whatsoever, is equally necessary whether improvement of the Physique, the acquisition of Health, or increase in Strength be desired.

It is the only System wherein the individuality of the pupil is permitted to have any part. The absence of other apparatus than the mind assures this. The mind directs the effort, and according to the quality of the motive force, so the Physical improvement is determined.

The strongest part of a man is his individuality; and instead of allowing him to subjugate this by advising the employment of external apparatus, we assist him to use his power to the attainment of the Physical condition he desires.

(HEALTH, STRENGTH AND WILL POWER, Maxick and Monte Saldo)

From the point of view of the Maxalding teacher, all training must be carefully personalized.

By studying his case, we are enabled to judge of his adaptability to apply himself to the task in hand, and to direct these powers to his own good. At the same time we can ascertain wherein lies, not only his Physical, but his Mental lack of Control.

In order to achieve this goal, the teacher have to plan a graduated series of exercises

for each individual, because the mastery of MC is not an easy thing.

By a carefully graduated series of exercises, most of which cannot be performed without diligent application of the mind, we bring out the best powers of the mental and physical functions.

(HEALTH, STRENGTH AND WILL POWER, Maxick and Monte Saldo)

Court Saldo advises on the dangers of no personalized methods.

*Each person must be a law unto him or herself, and that law must be a logical and a natural one. **No cut-and-dried system however excellent, can bring identical results to two persons;** and often which has been proved beneficial to one person has proved the reverse to another, and I ask you to keep that fact in mind throughout the perusal of this treatise.*

(MAXALDING BROCHURE, 1960, Court Saldo)

5. The key to success, absence of boredom

Anything to which we apply the activity of our minds is bound to have more substantial, durable and far-reaching effects upon us, than that which comes us unsought, and we accept passively.

The effort expended in the attainment of any mental or physical good has in itself built up a power which mere passivity will never achieve. Therefore our System is pre-eminently the one to be chosen by the intending student, inasmuch as genuine efforts must to be put forth to learn the exercises.

Among the many great advantages, which would take many pages to explain effectually - on account of their relation to the psychological elements of our existence - the absence of monotony should commend itself most forcibly. Nature's antipa-

thy to monotony, depicted in the variety of all around us, is no less strongly established in the mind of man; and this fact has not been forgotten in building up our System. The many who turn to Physical Culture as a recreation and a relaxation from the exigences and turmoil of modern life make this a necessity; for it is essential that there be an interest, apart from the physical exertion involved; something which would call forth other powers of the mind than those used in carrying out the daily duties. It is in this gradual drawing out of the various branches of the mind, which the correct performance of the exercises necessitates, the sense of time, of posture, and many other qualities, that this recreation finds place. True recreation should help one in the work of the day, by storing up a plenitude of physical and mental energy, and this is what we claim a treatment under us will accomplish.

(HEALTH, STRENGTH AND WILL POWER, Maxick and Monte Saldo)

The avoiding of boredom and monotony is one of the reasons of the low number of repetitions of each exercise in Maxalding. High repetition systems force you to keep your mind in the counting of performances and not in the exercise itself. The application of MC to exercise, the high mental concentration and the low number of repetitions permit us to use all our potential and will power.

6. The mental way to super-MC

To resume, control teaches you where to pull and where to press; using the various salient points of the bone as fulcra, and the muscles and the joints as levers. Even the tendons become plastic and pliable, and will lose the toughness which many years' wrong exercising has caused.

Even the air pressure is used to assist in a certain relaxed contraction.

Then comes the awakening of a sympathy between the brain and the muscles, which is marked in the beginning, by a greater clarity of mental power, and increased responsive power on the part of the muscles. Then as the circulation of the blood, the organs of digestion, elimination and respiration become subjective to the will, you have gained the power of keeping absolutely healthy and fit, without any inconvenience or apparatus.

(HEALTH, STRENGTH AND WILL POWER, Maxick and Monte Saldo)

7. Maxalding as a mental attitude and lifestyle

The energies must be deliberately conserved. Uniform bodily warmth is the first rule of energy conservation. The art of voluntary relaxation is the second. This relaxation must first be physical through mental application and then mental when complete bodily composure has been secured or attained. Make a habit of taking things quietly. Do not allow jumpy people to disturb you. There are many such people all over the place who seem to take a delight in bothering people. Just let them jump, unless there are people with whom you have to live or for whom you have a genuine regard, in which case, the advice given herewith might profitably be handed on.

(MAXALDING, Monte Saldo)

The importance of mental attitude for maxaldist's success is clearly stated by Monte Saldo in this "final word".

Don't worry. Worry is reputed to have robbed a cat of its nine lives, which fact is not particularly lamentable as the supply of cats is usually well up to demand; more prominently perhaps in the small hours. But the saying is apposite enough to make one realise the danger as well as the futility of worry. If anything is causing you worry that can be remedied, work night and day, if necessary to

remove it. If the cause cannot be remedied or removed, what is the use of worrying?

Very wise words, indeed. You can observe the fine sense of humour of Monte Saldo. Both Maxick and Saldo were very friendly and talented men, much admired and beloved. This little charming story is very representative of this.

Nature, when she endowed Max Sick with his remarkable physique, threw in with it a very attractive smile. It lit up his countenance every time he made an attempt upon a lift, and it softened into tenderness once or twice when Monte Saldo's pretty flax-haired daughter (aged three) insisted on walking up to him as he was resting and demanded a kiss.

Unfortunately, both Maxick and Monte Saldo (specially, Monte) had to suffer family tragedies. Monte Saldo lost his wife and one son. His charming daughter and himself were severely injured during a WWII bombing. I have not found any information about Maxick's family, except this.

We are informed that Max Sick was cremated on the 13th of May and his only living daughter scattered his ashes at the seaside as her father loved navigation dearly. Thus another superman takes his place in the Vallhalla of Strongmen. Not only was he a great athlete, he was a widely educated man and a great thinker.

(ANOTHER INMORTAL PASSES, W. S. Pulum)

We can infer from this text that Maxick was married and had several sons or daughters, but his wife and his sons died before him. We can imagine the intense suffering that these deaths should cause in such a family men like Maxick and Monte Saldo. They were real models for us in every aspect of life.

Their strength of spirit and the practice of Maxalding kept them alive in spite of

great difficulties.

8. Spiritual benefits of Maxalding

The feeling of mind over matter control that Maxalding produces, permits a deeper connection between our spirit and body. The control of the body and the reinforcement of will-power help us to face up clearly some questions. Most important of all, the scientific study of MC complements perfectly with a rich spiritual life and proves you that mind and matter can form a perfect and beneficial unity. In fact, the Maxick's main interest was Philosophy. In words of many people, Maxick was a great thinker. His mind was as strong as his body. We need only to read his last words, written for all of us just before passing away, in order to admire his clarity and depth of thought.

I only meet him again after his death. He was lying on the floor of his room on his back with his hands stretched out. Under his right heel we found a slip of paper with his last remarks. It read: "May 10th, 1961, 22 hours; my heart is beating rather slow, I feel extremely cold, I think it will be over soon. Remember the infinite is our inner freedom manifested through our consciousness". Max Sick mastered his body and his five senses till the last moment and lived up to his idea not to lose control even during the last minutes of life.

This spiritual magnanimity was always closely related with an irreproachable moral attitude. Maxick was against the intervention of Germany in WWI, interning himself voluntarily in Britain, and demonstrated many times his complete rejection to the Nazis, even when many people in Europe did not considered them a threat.

This text reveals us a man who faced up death with hope and firmness. A free mind in a free body, a freedom, indeed, a will power that cannot disappear and projects itself into

the infinite.

Maxick was in the line of thought of another great philosophers, like Kierkegard, for whom freedom, our existence, is our most radical attribute. The essence of our lives is the eternal finding of a correct use of freedom. Our consciousness is the manifestation of our deepest decisions and choices. A complete free mind in absolute control is the way to the infinite. All of us can be an infinite, we must only believe in the possibility of being better, physically, mentally, morally and spiritually. Because of this, Maxalding, his lifestyle, is mostly compatible with any belief or religion that pursues the complete dignity of the human being.

I'm personally catholic, atomic physicist and philosopher and Maxalding has helped me in many ways, because when you discover your own control limits and try to overcome them, you see the world from another more precious perspective. All of us are infinities and we must deal with all as such, with dignity and love. Maxick and Saldo helped many people to be more healthy and, most important, happier. They deserve our eternal debt of gratitude.