

opposer. For instance, if you fully contract the biceps, on the front of the upper arm, you not only pull or flex the forearm on it, but you also fully extend the triceps, on the back of the upper arm. In extension of the arm, by fully contracting the triceps, you fully extend the biceps. By making sure that you thus exercise both equally, not only in movement but in the amount of mental or nerve energy you send to them, you maintain a perfect balance on which depends agility, quickness, and sureness.

It would be well, when first going through your exercises, if you taught yourself to locate, mark the contraction, and control the muscles involved in the movements. Use a mirror and exercise, or learn the correct movements, nude to the waist, or entirely nude.

When exercising other parts than the arms you might lightly lay your fingers on a muscle, or group involved, and feel them contract in action. Then, still feeling them, try and obtain a better or harder contraction. For instance, to feel the thigh muscles, and learn to fully tense and contract them, bend the knees and assume the squat position (sitting on heels as it were), now rise to full height, tensing the muscles on the front of thigh until the legs are quite straight, feel the muscles with your fingers, and see how hard you can contract them.

Another instance, the abdominal muscles. Lie on the back and place your fingers lightly on the abdomen, fingers extended. Now try and sit up. You will feel the muscles harden under the fingers. This teaches you to locate and know the action of the muscles. This also teaches you to gain control of them so that you can gradually learn to mentally