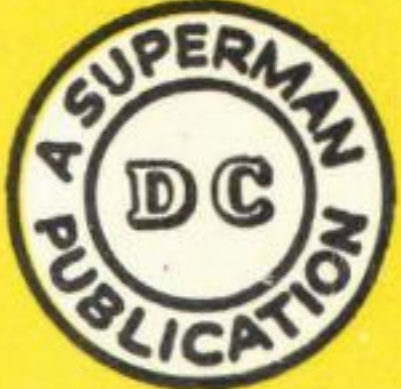


# All-Flash

NO. 12

FALL  
ISSUE



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*Another*  
COMPLETE NOVEL-  
LENGTH ADVENTURE  
OF **THE FLASH,**  
**FASTEST MAN ALIVE,**  
IN WHICH  
**THE THREE DIMWITS**  
DISCOVER A  
**VANISHING VITAMIN!**

#  
Hibbard



































































































## HOF HARRISMAN to the SOLUTIONS



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Don't Miss

## "PRE-FLIGHT" MATERIAL?

Some, such as that of the "Pre-Flight" material, are available in the form of a book or a video tape.

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**Champion**



























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The first step in the process is to identify the problem. This involves a thorough analysis of the situation and the identification of the key issues. Once the problem has been identified, the next step is to develop a plan of action. This plan should outline the steps that need to be taken to address the problem and the resources that will be required.



The next step in the process is to implement the plan. This involves putting the plan into action and monitoring the progress. It is important to stay flexible and be prepared to make adjustments as needed. Once the plan has been implemented, the final step is to evaluate the results. This involves assessing the effectiveness of the plan and identifying any areas for improvement.



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- 1. Identify the problem
- 2. Develop a plan of action
- 3. Implement the plan
- 4. Evaluate the results

Name: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Title: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_  
 Zip: \_\_\_\_\_

























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# Get TIGER POWER Now It's EASY!

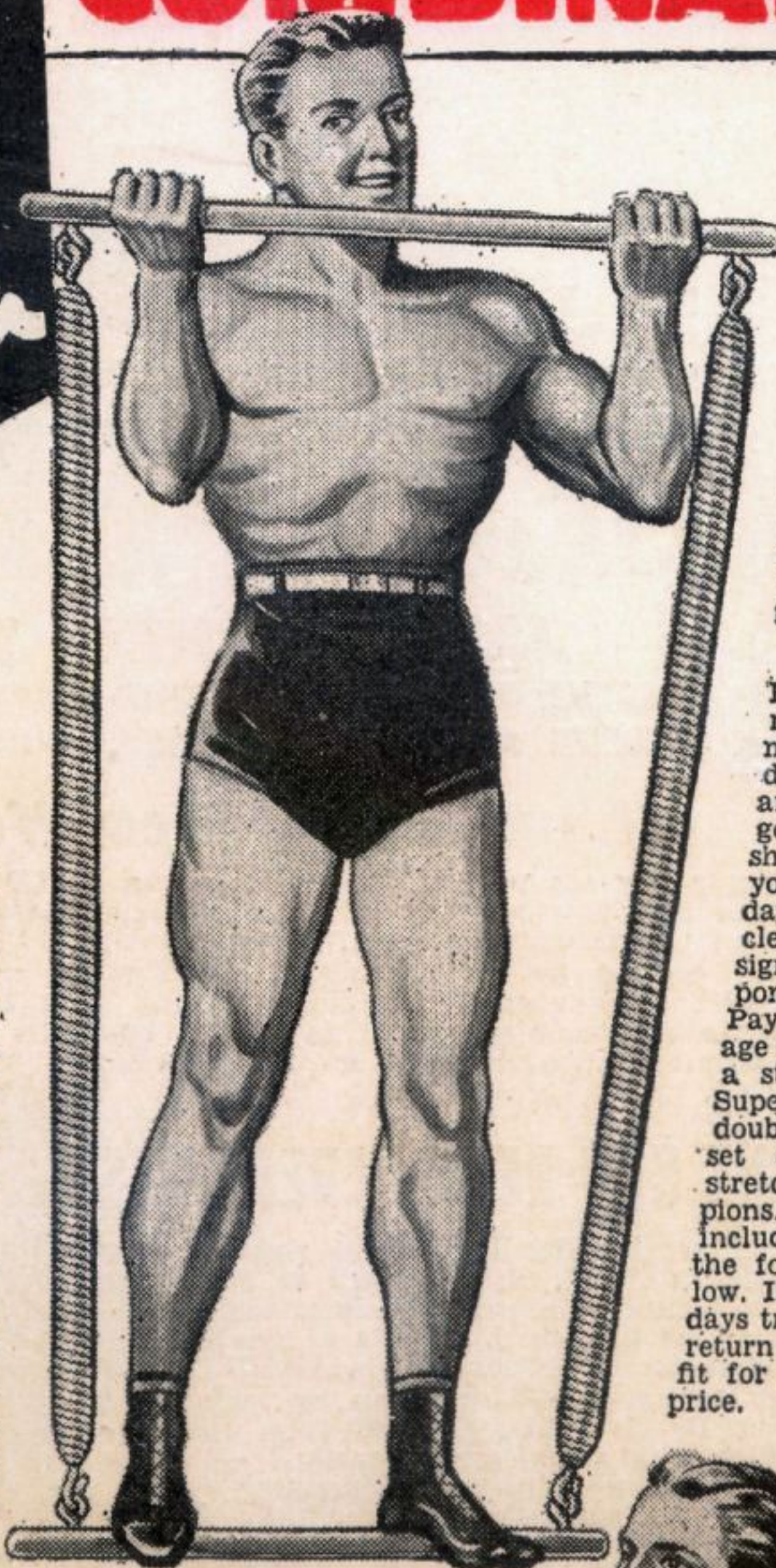
Here is your opportunity to build your body into a virile, dynamic machine of tiger strength. No room these days for weaklings. Now, more than ever, you must be STRONG to get ahead in the world . . . you can get Herculean strength easily at home in spare time with this newly invented chest pull and bar bell combination.

## GET BURSTING STRENGTH QUICKLY

No matter if you are a weakling or no matter if you already boast of super muscles, you will find this outfit and instructions that go with it to be just what you need. The entire equipment which contains dozens of individual features are all adjustable in tension, resistance, and strength. This permits you to regulate your workouts to meet the actual resistance of your strength and to increase the power progressively as you build a body of mighty muscles. Men in training and men who have reached the top in performing strong-man feats unanimously acclaim this new progressive chest pull and bar bell combination as being a great advancement in the invention of practical equipment to quickly get strong and develop bursting strength.

The combination is complete in every detail. It contains a new kind of progressive chest pull. Not rubber which wears out and loses its resistive strength, but very heavy and strong tension springs. These tension springs are adjustable so that you may use low strength until you get stronger and terrific pulling resistance when you are muscular. In a short time you will find yourself able to easily accomplish strong man feats which now seem difficult. Included is a specially invented bar bell hook-up. This bar bell outfit permits you to do all kinds of bar bell workouts . . . permits you to practice for weight lifting and at the same time brings into play the muscles of your legs, chest, arms, and grip so that you build as you train. In addition to these valuable features there is a wall exerciser hook-up enabling you to do all kinds of bending and stretching exercises so necessary for speed and endurance. You also have the features of a rowing machine which is as great an abdominal builder and fat reducer. The hand grips included to help develop a mighty grip. The entire outfit is shipped to you along with pictorial and printed instructions so as to progressively enable you to get stronger day by day.

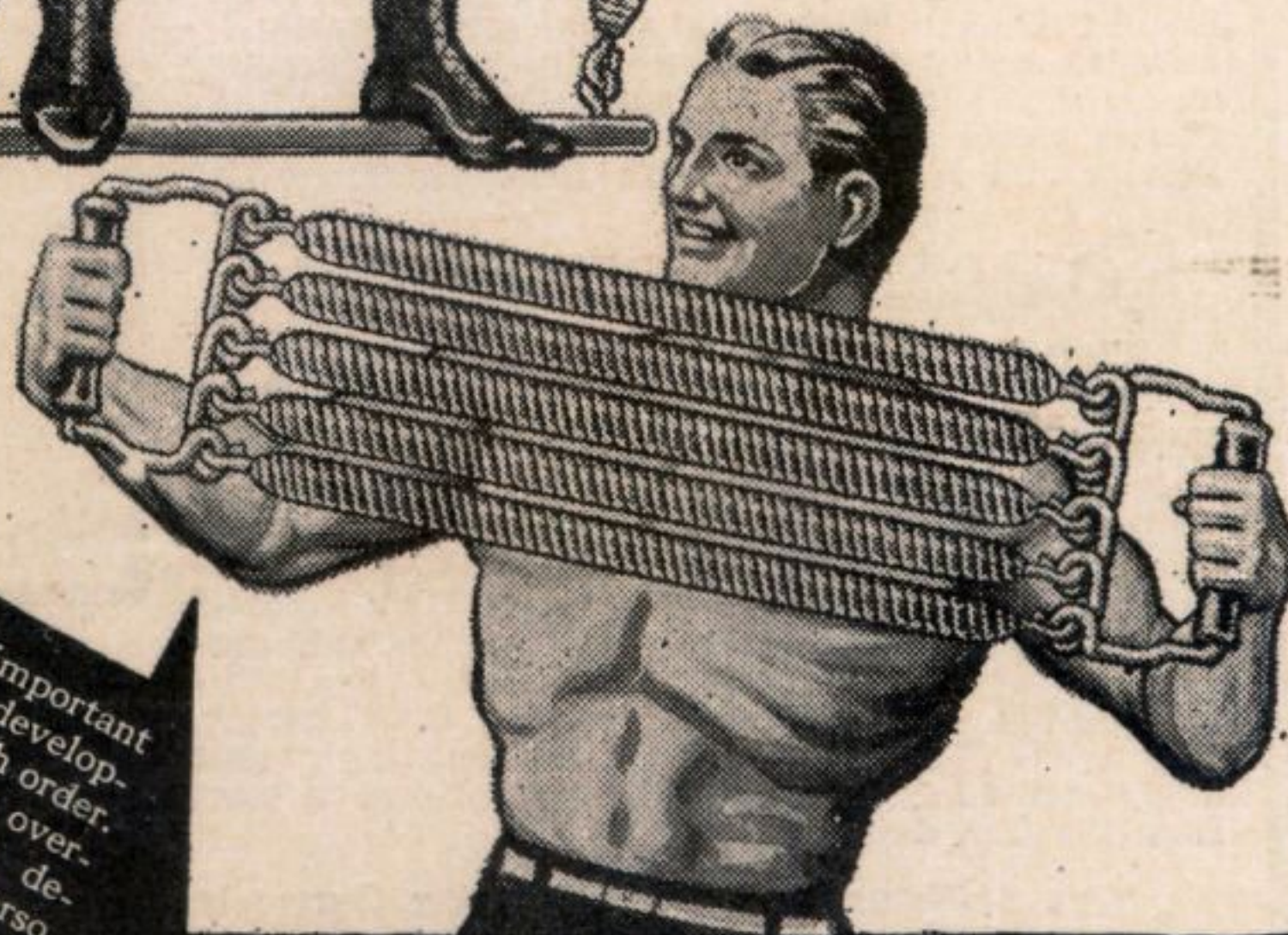
## New PROGRESSIVE CHEST PULL & BAR BELL COMBINATION



Don't be bunked! Don't let anyone tell you that you can put inches on your biceps, on your chest, have a mighty back, have mighty legs, or a mighty grip, or build any part of your body by fanning the air. No indeed. You need equipment and instructions such as we offer you here. BUT . . . we not only furnish you with equipment, we also supply specially prepared pictorial charts which guide you day by day.

### Send No Money

Remember this equipment is used and recommended by many physical directors, boxing champs; and strong men. If it's good enough for them it should be good enough for you too. Order your set today and watch your muscles grow day by day. Just sign your name to the coupon checking outfit wanted. Pay postman price plus postage on arrival. If you can buy a stronger outfit than our Super X set we will give you double your money back. This set defies the lifting and stretching power of champions. Act at once and we will include free with your order the foot stirrups pictured below. If not satisfied after five days trial keep the stirrups and return the balance of the outfit for full refund of purchase price.



Foot stirrups, important for foot and leg development, FREE with order. Permits intensive overhead workouts to develop a mighty torso.

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You get many specially posed pictorial instructions . . . a picture method showing short cuts to mighty muscles.

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Send me the outfit checked below on five days' approval. Also enclose special pictorial and printed instructions. I will deposit amount of set plus postage in accordance with your guarantee. Enclose the stirrups free with my order.

- ☐ Send regular strength chest pull and bar bell combination. Set \$5.95.
  - ☐ Send Super strength set at \$6.95.
- (Send cash with order and we pay postage. Same guarantee.)

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(SPECIAL) If you are aboard ship or outside of U. S. A. please send money order in American funds at prices listed above plus 60c.

