

Girls! Now You Can Have A Fabulous Figure The 6 Second Way!

It is almost like a miracle. You can actually lose flab around stomach, thighs, waist, hips, neck, face and not move out of your seat. Unbelievable? New scientific tests show that you get faster and better results from Isometrics, the new method of exercise. Another astounding

fact about Isometrics is that you do each exercise only 6 seconds a day. No special equipment is required, or trips to gyms, playing fields, swimming pools or bowling alleys and you can concentrate on any part of the body that you are interested in controlling.

DESIGNED BY EXPERTS

The series of exercises in Isometrics — The Static Way to Physical Fitness were prepared under the supervision of Victor F. Obeck, Professor of Physical Education and Director, Division of Athletics, New York University and Isadore Rossman, M.D., Medical Director, Department of Home Care and Extended Services, Montefiore Hospital, New York.

HOW-TO-PHOTOGRAPHS

Every page is fully illustrated with photographs showing exactly how to perform the Isometrics and how to get the best and fastest results.

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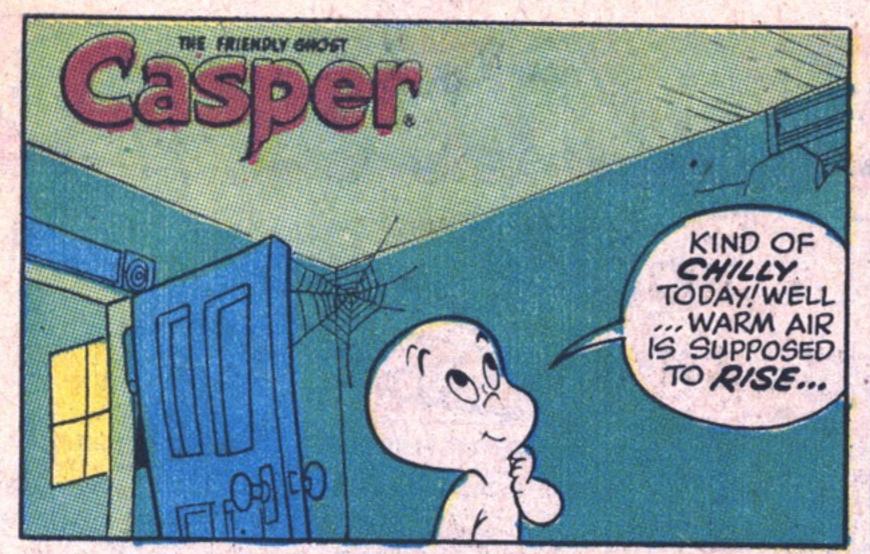
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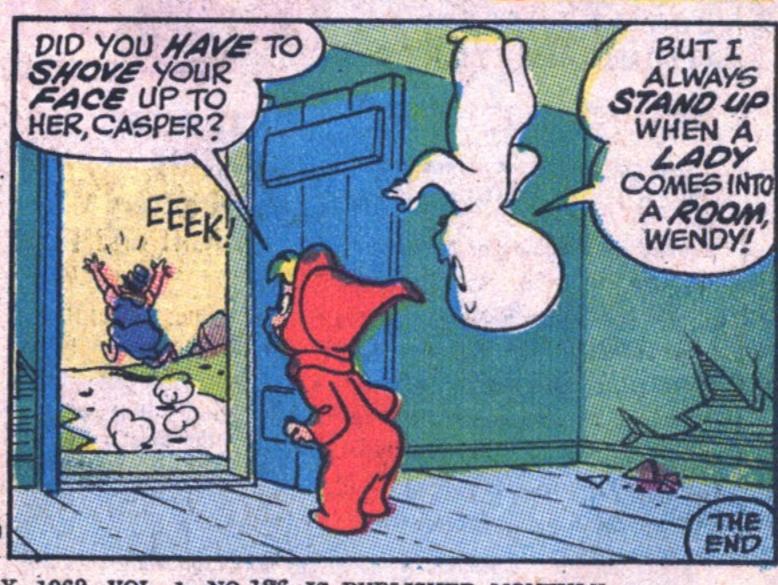












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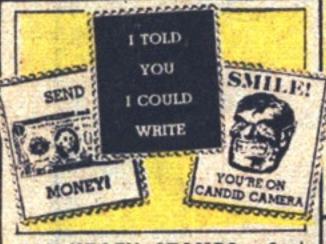
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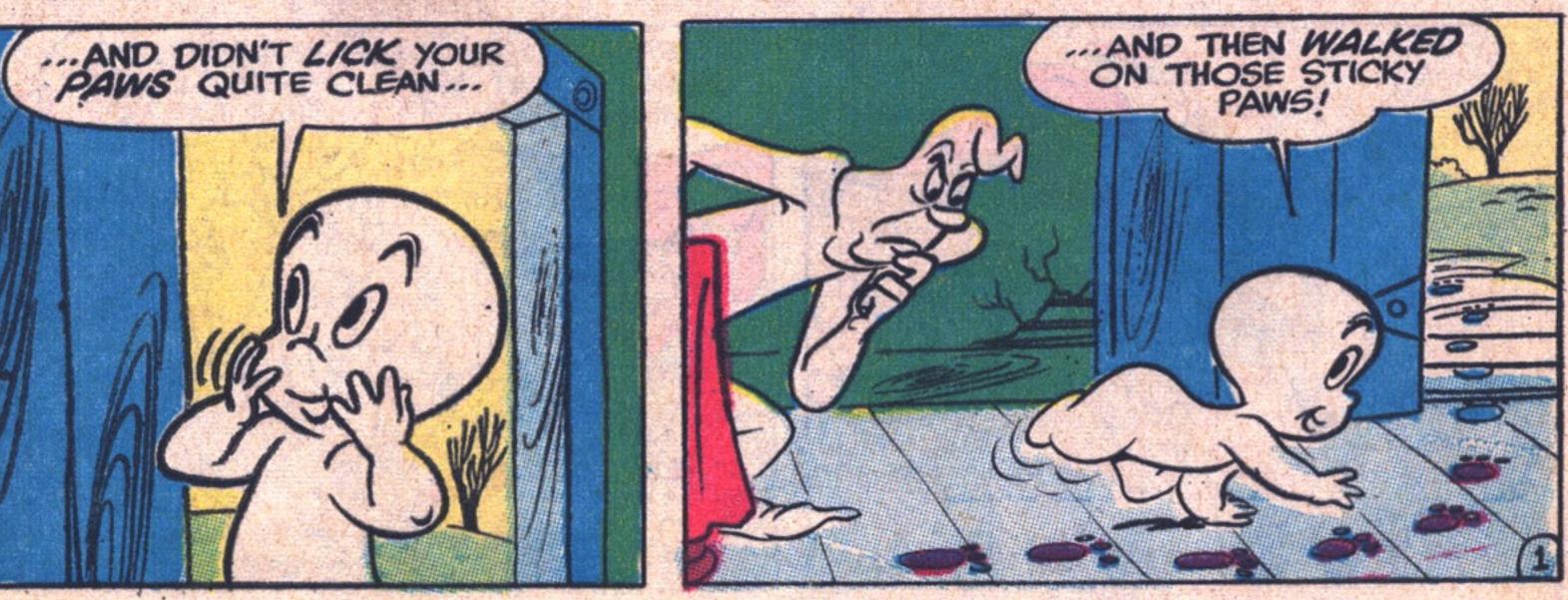
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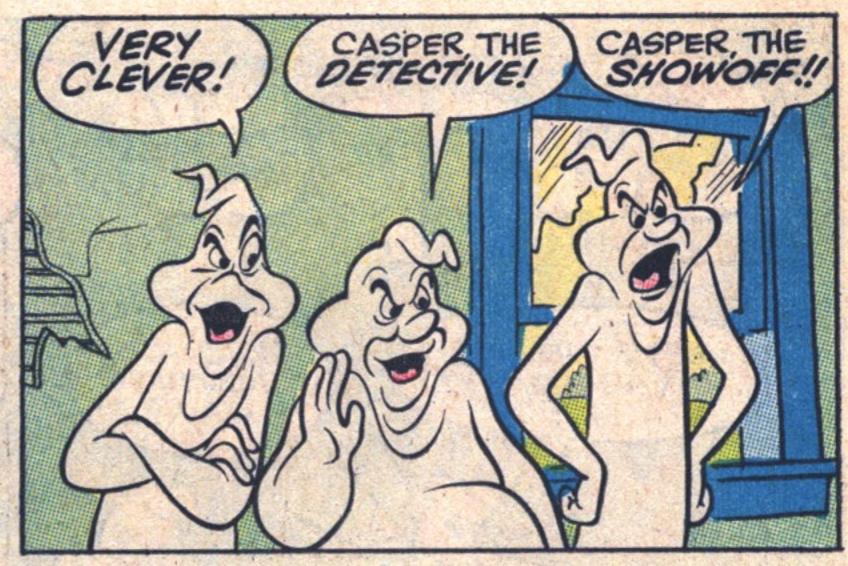




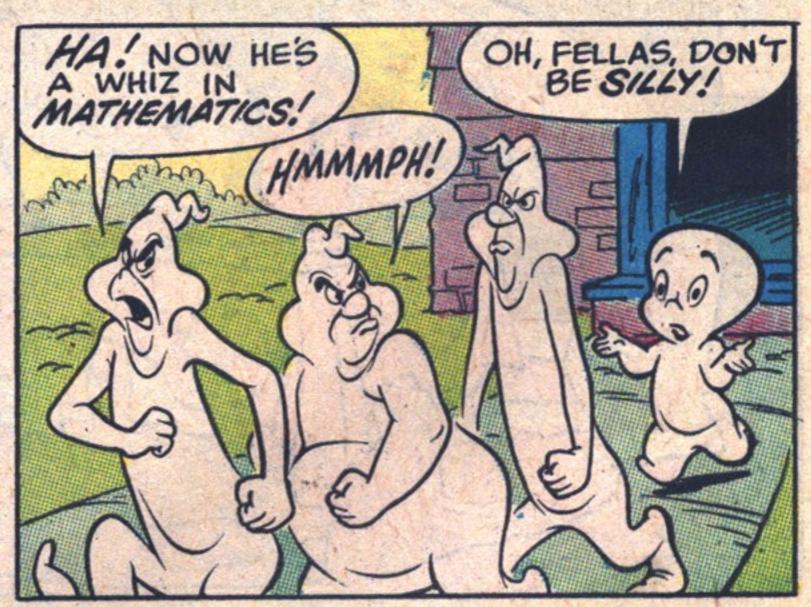










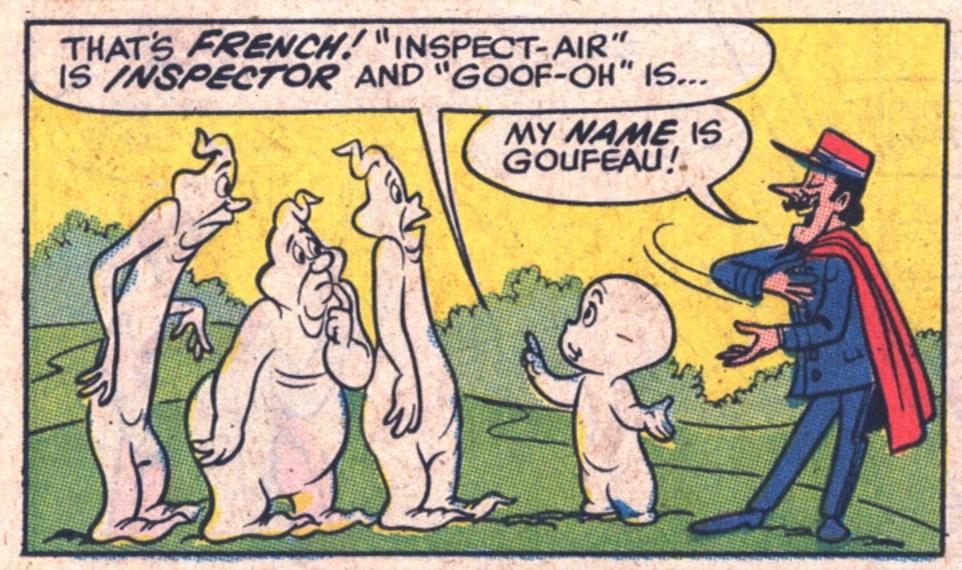






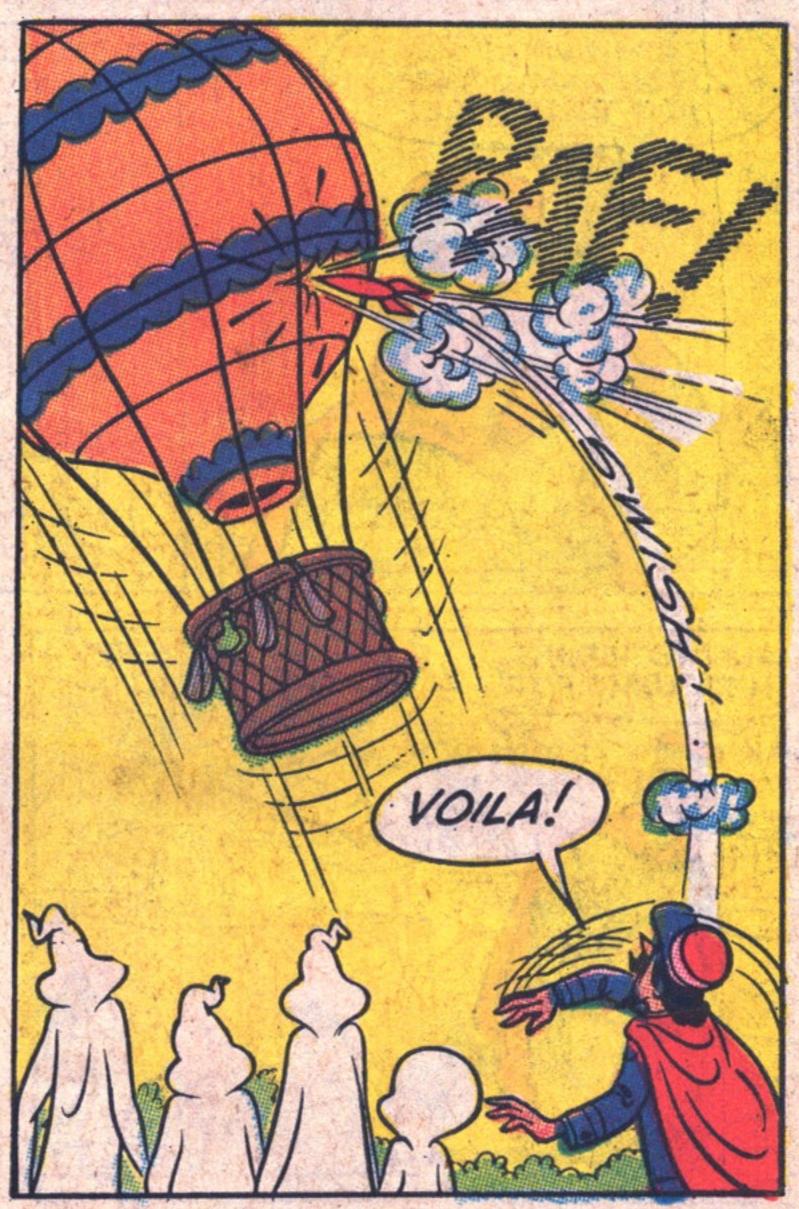


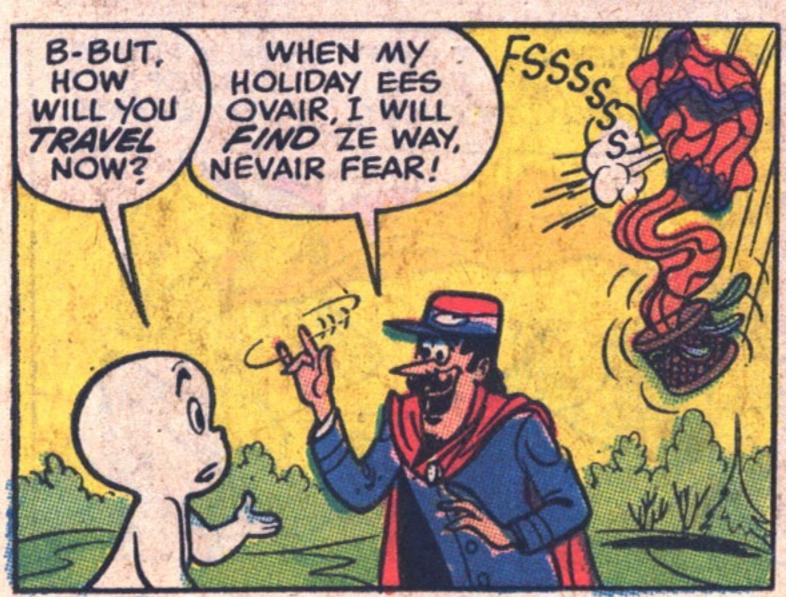


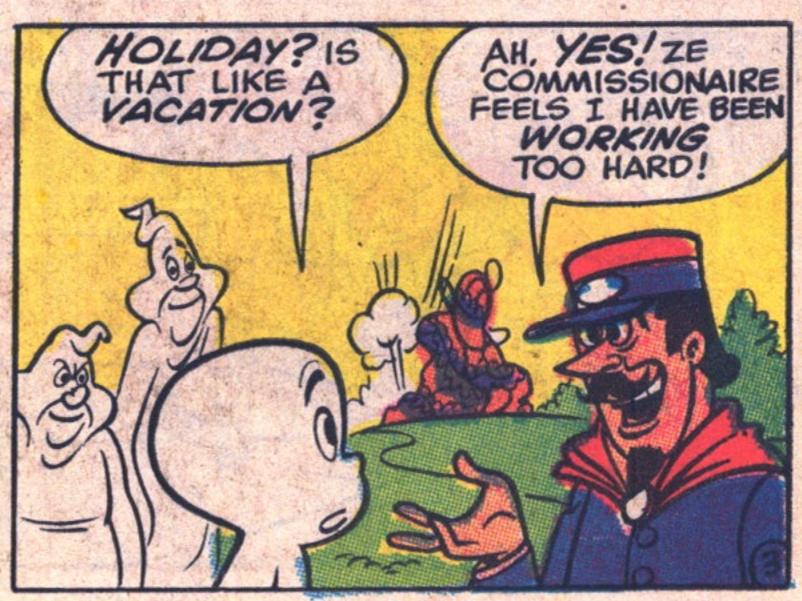


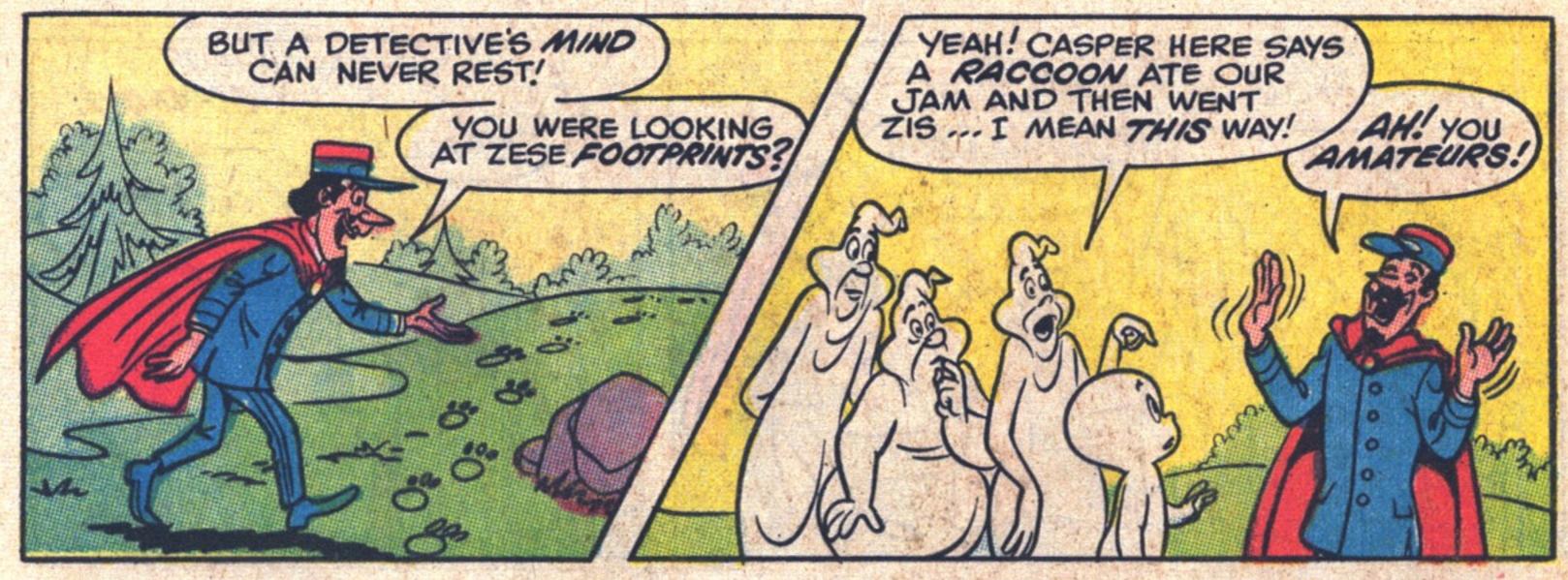














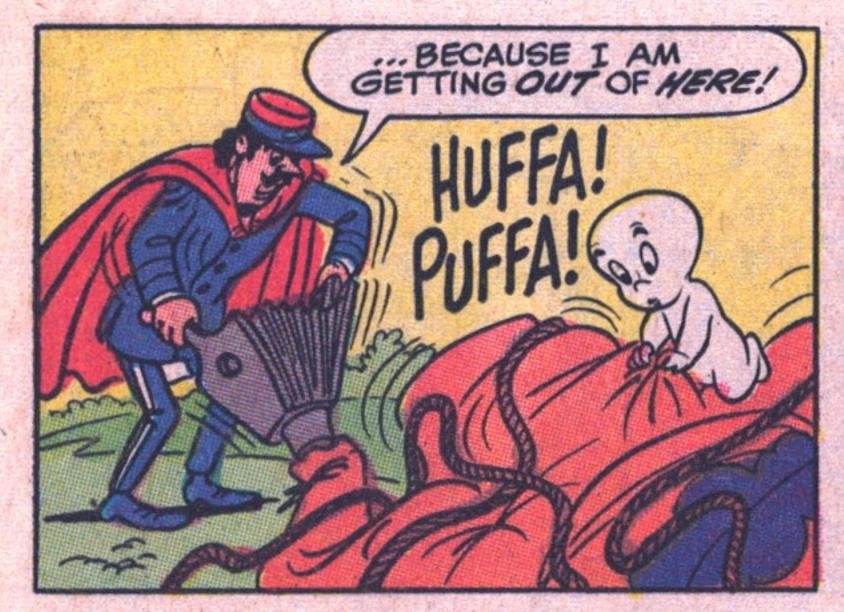




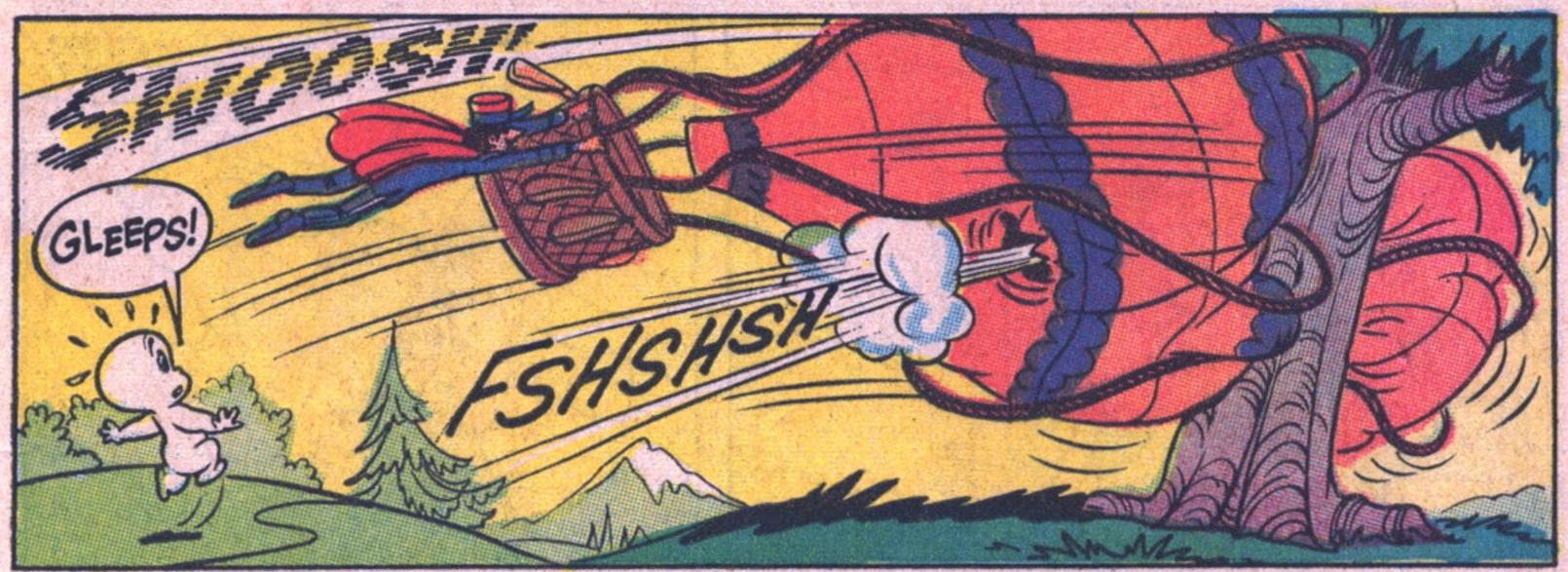


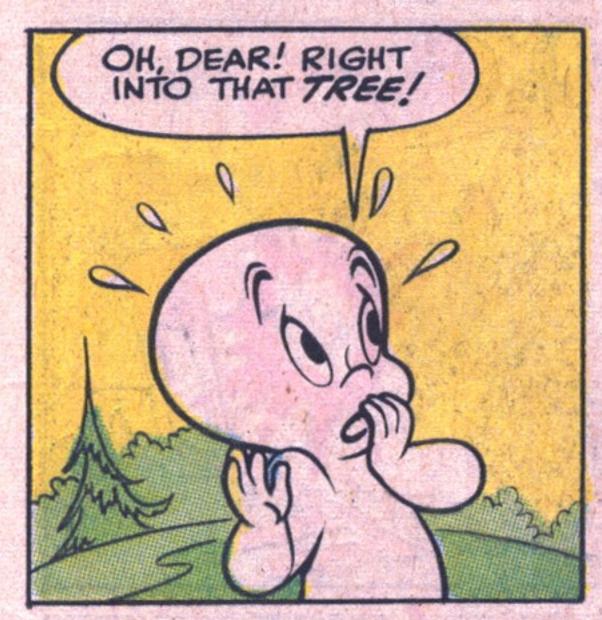






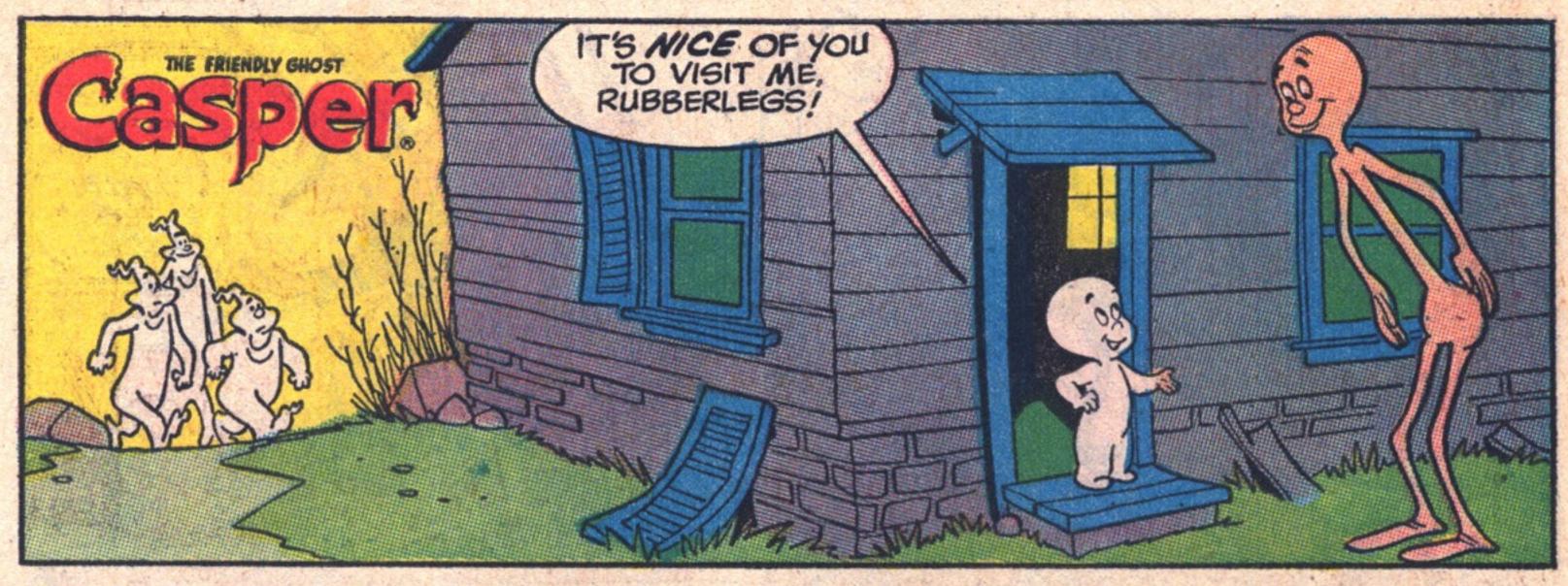


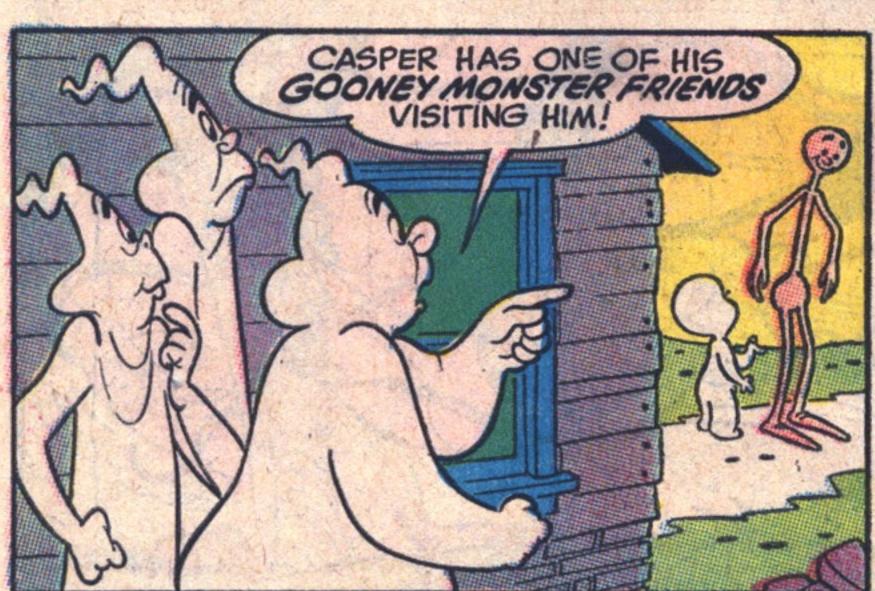


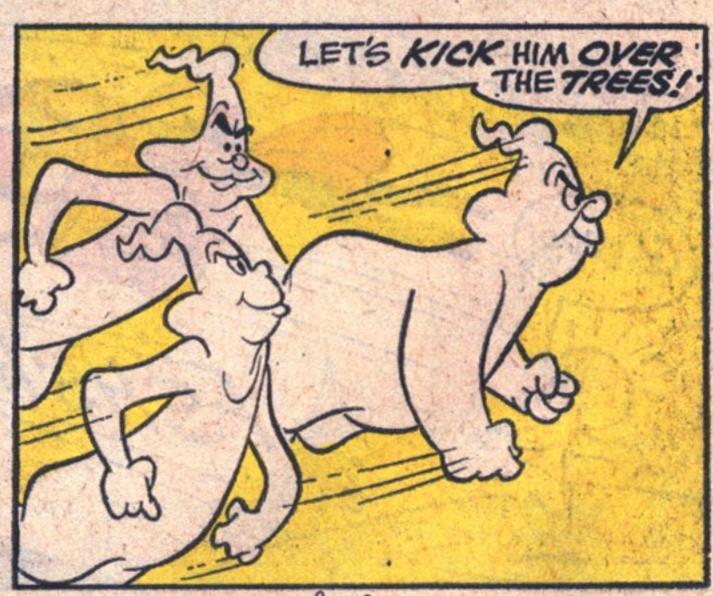


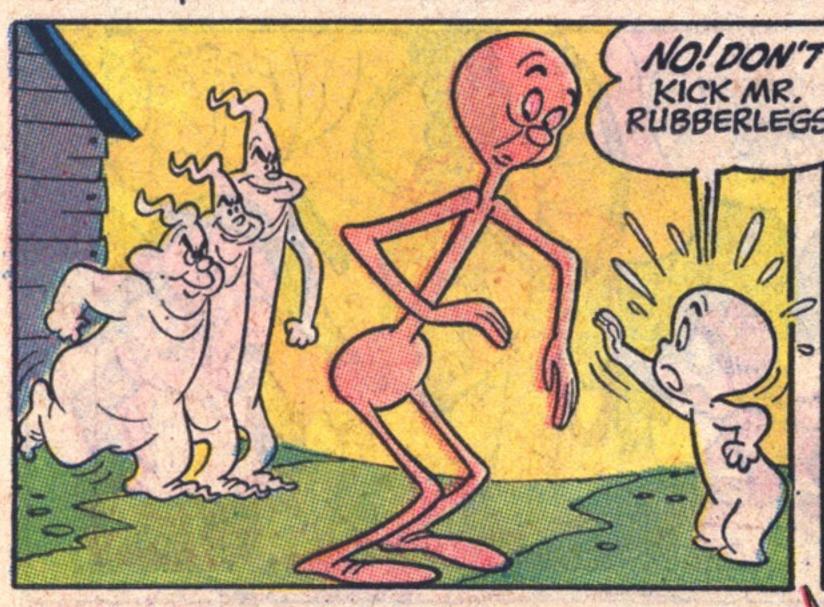


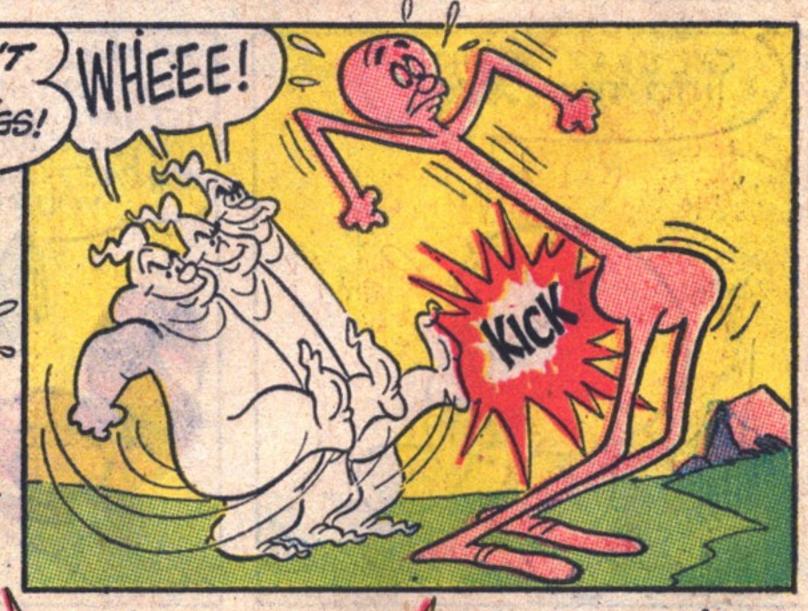


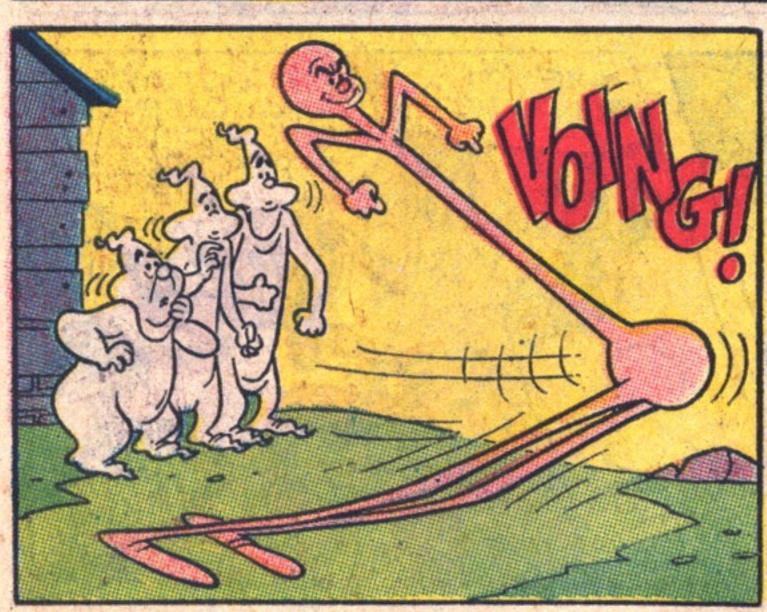


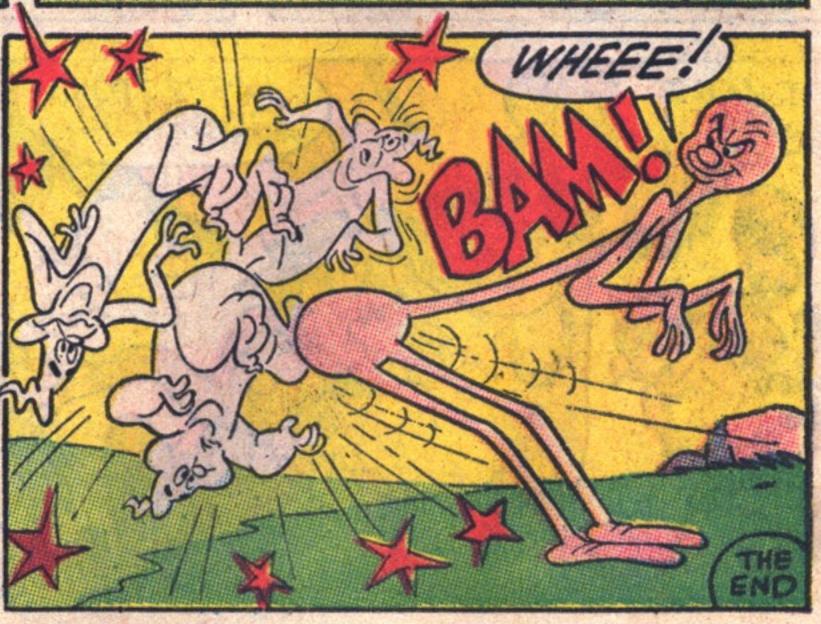


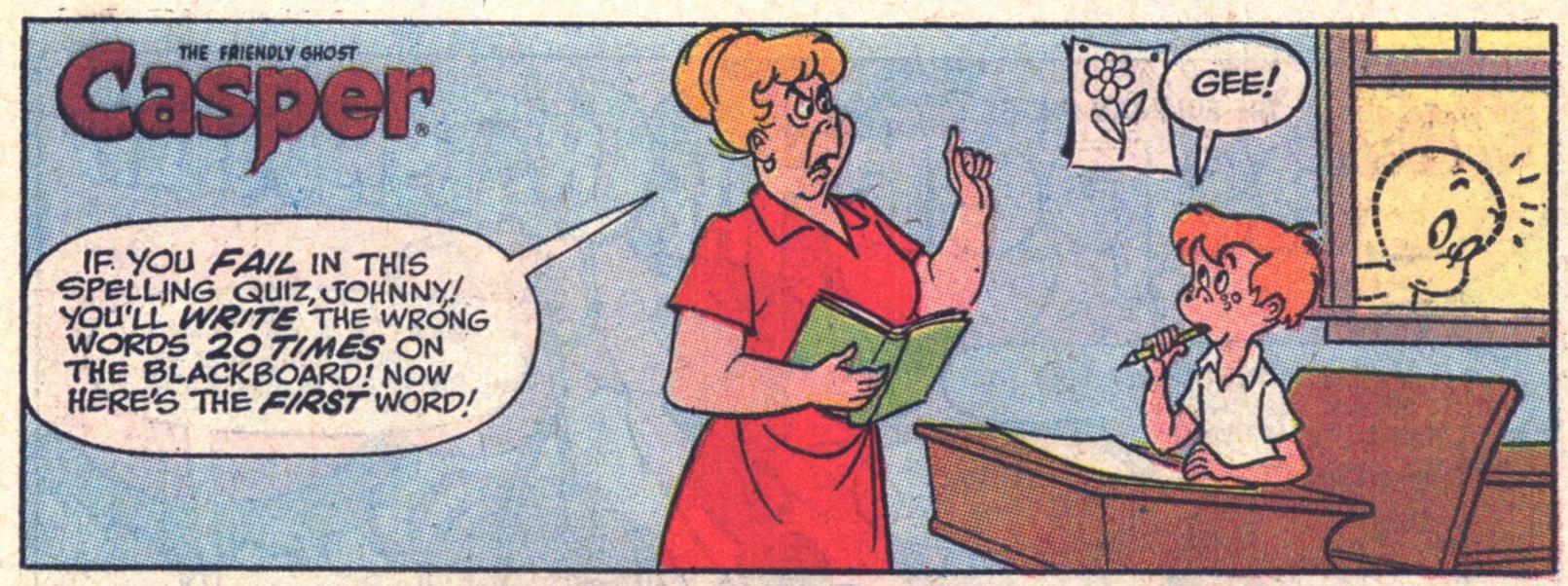


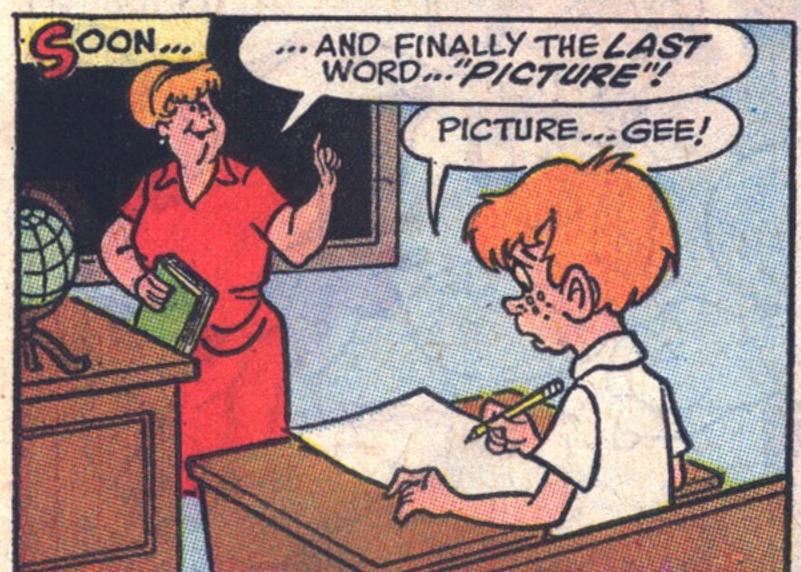


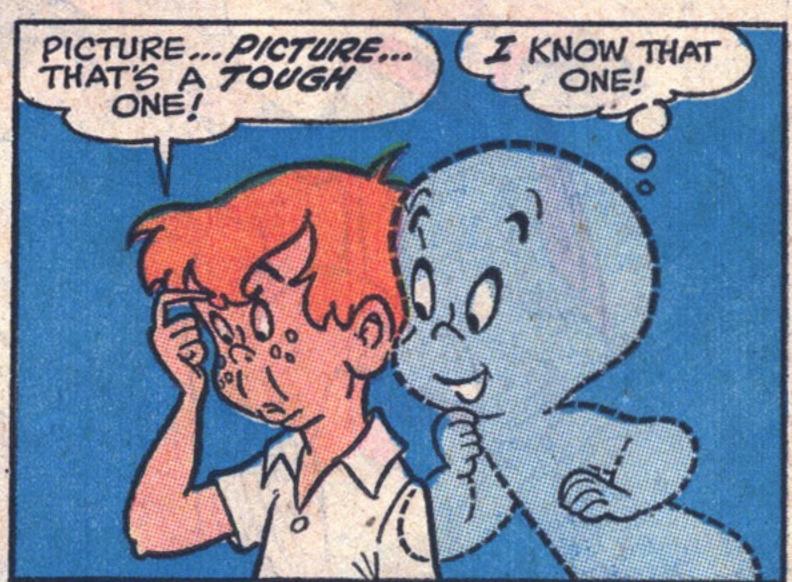


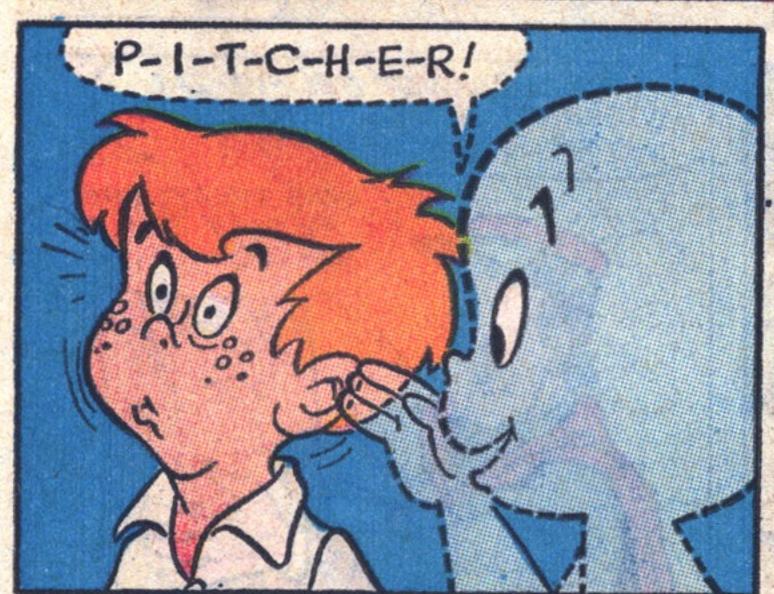






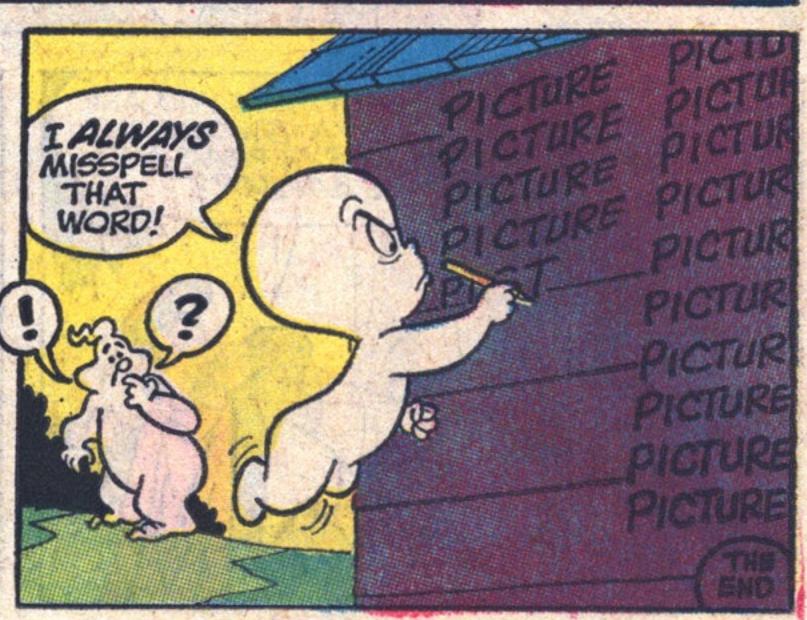


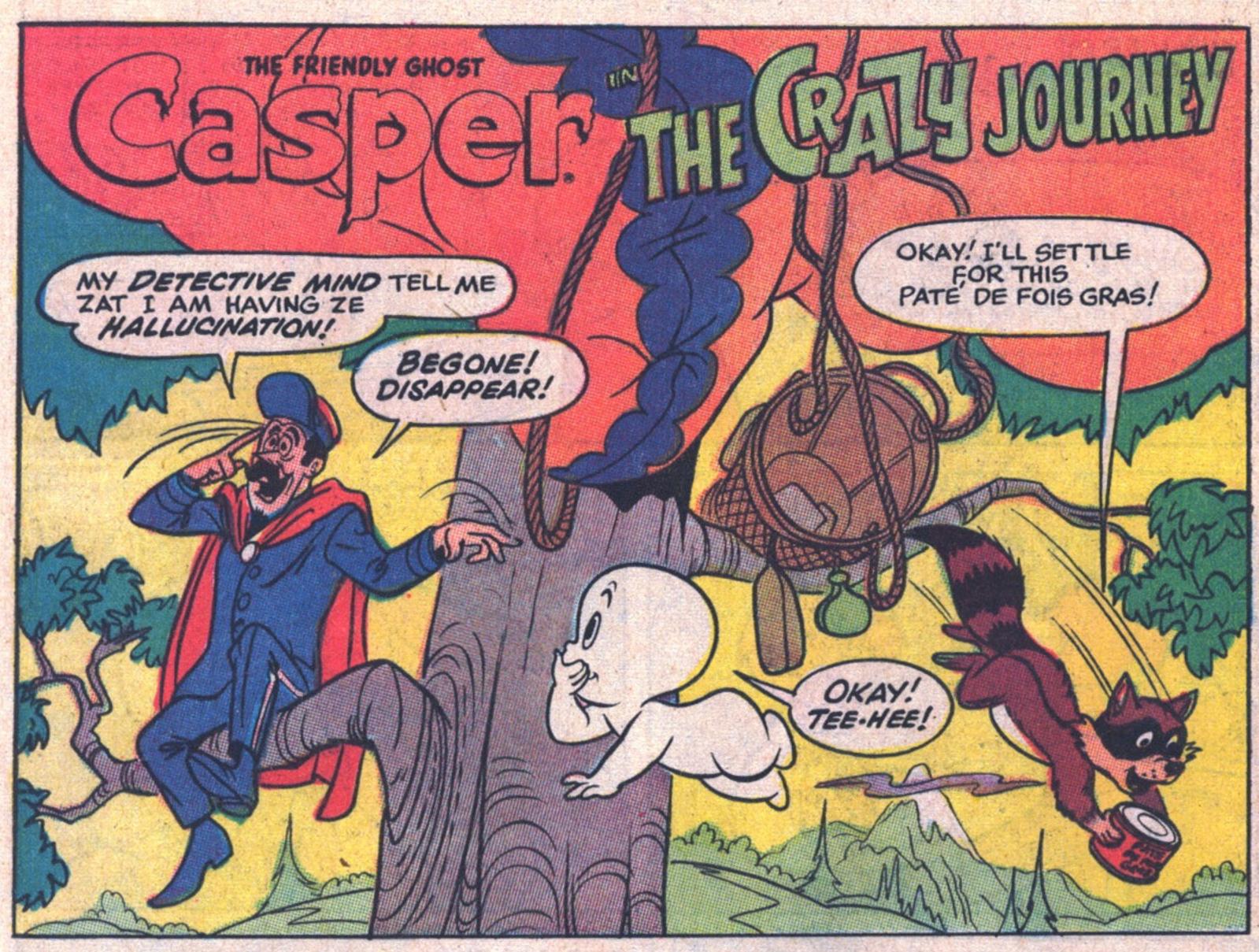






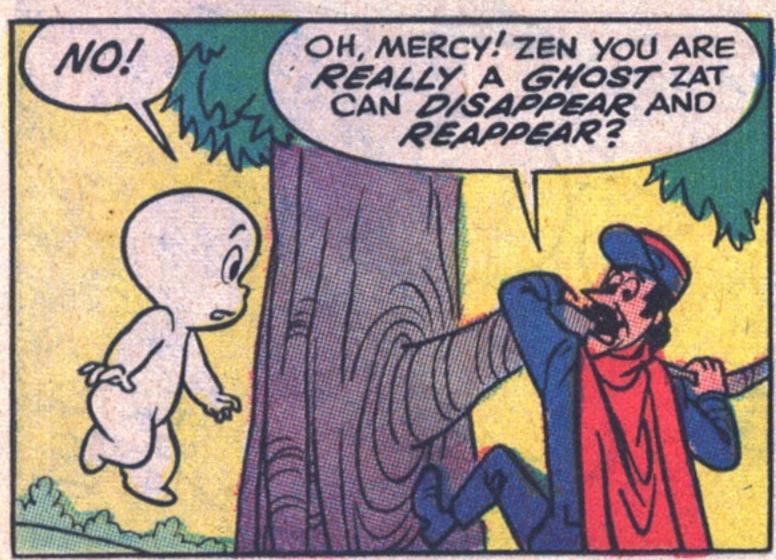








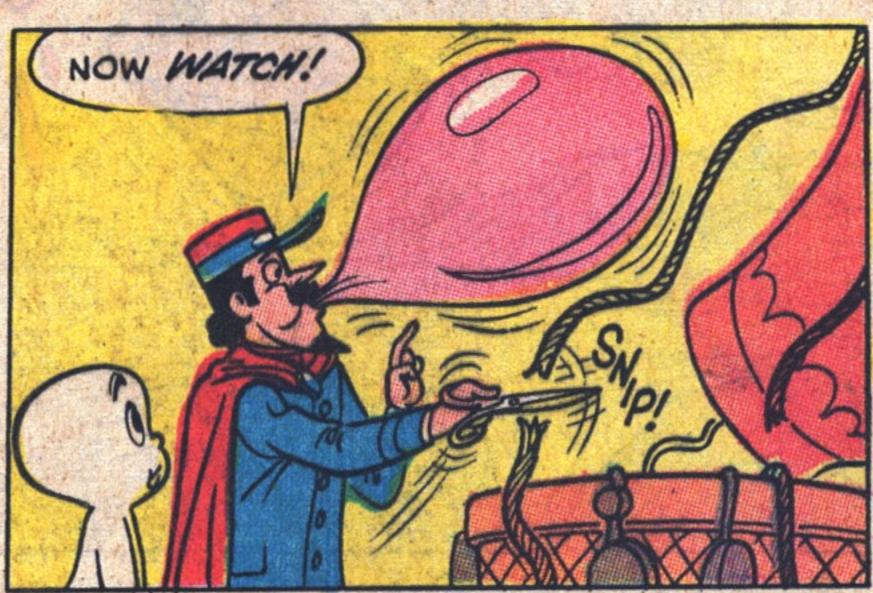


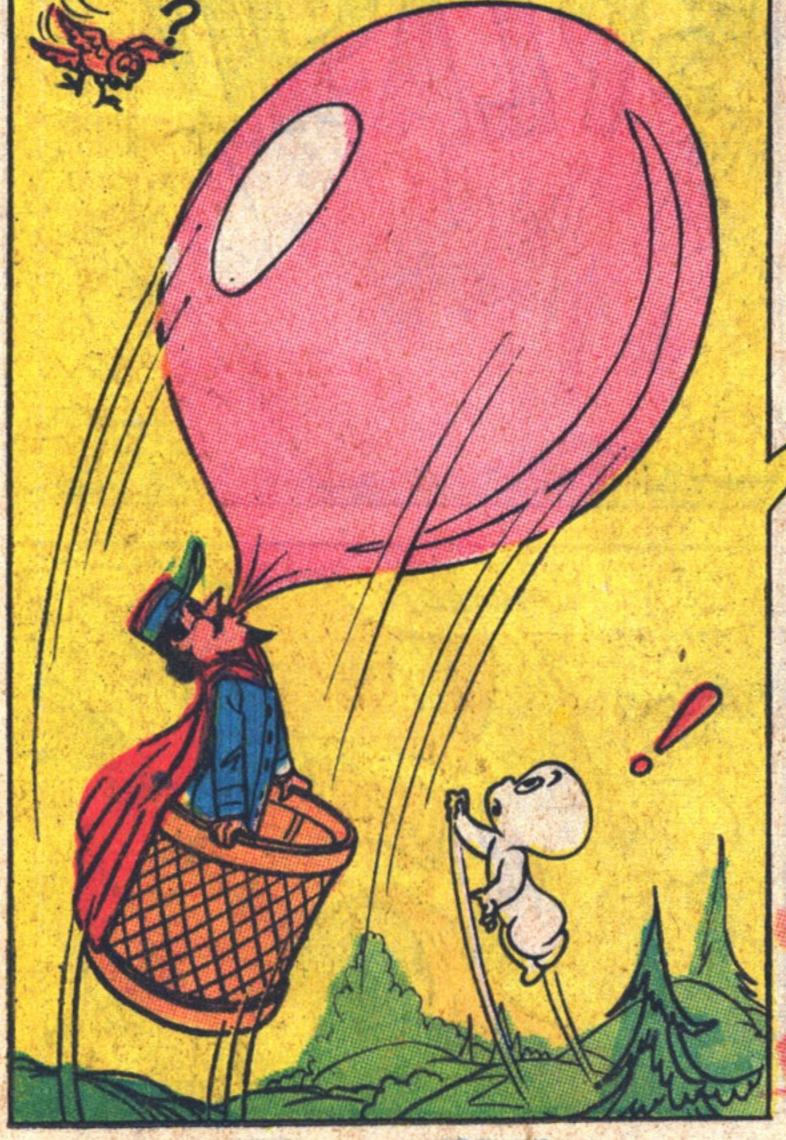






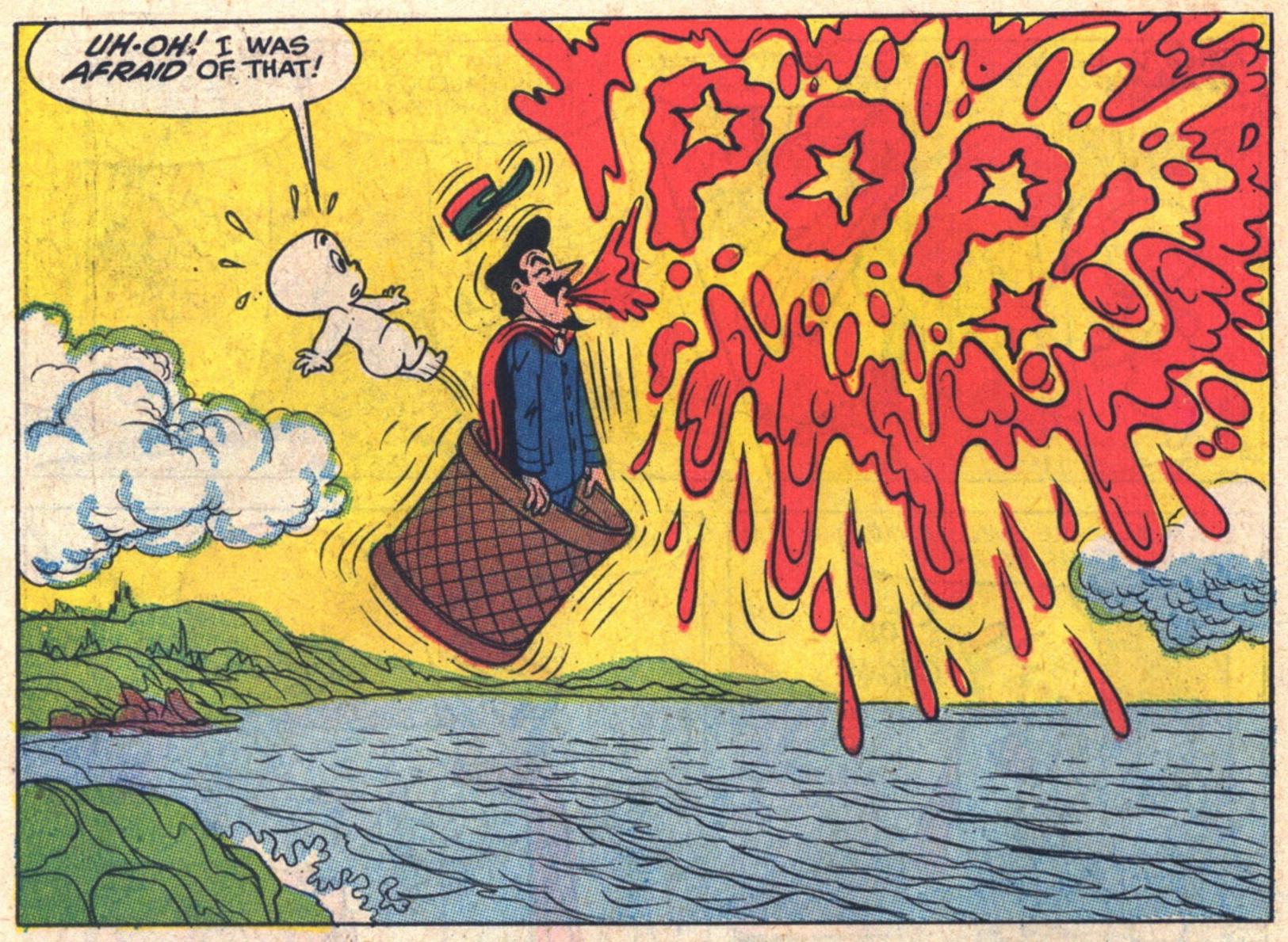




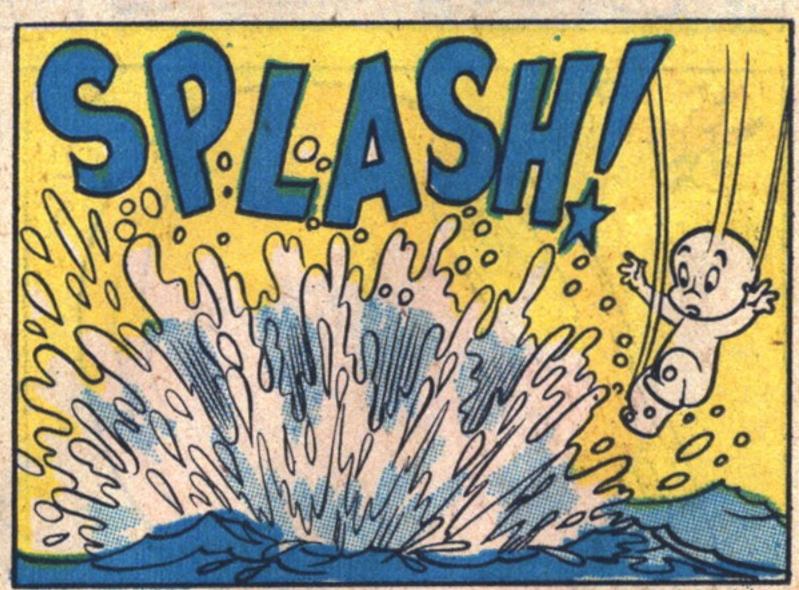


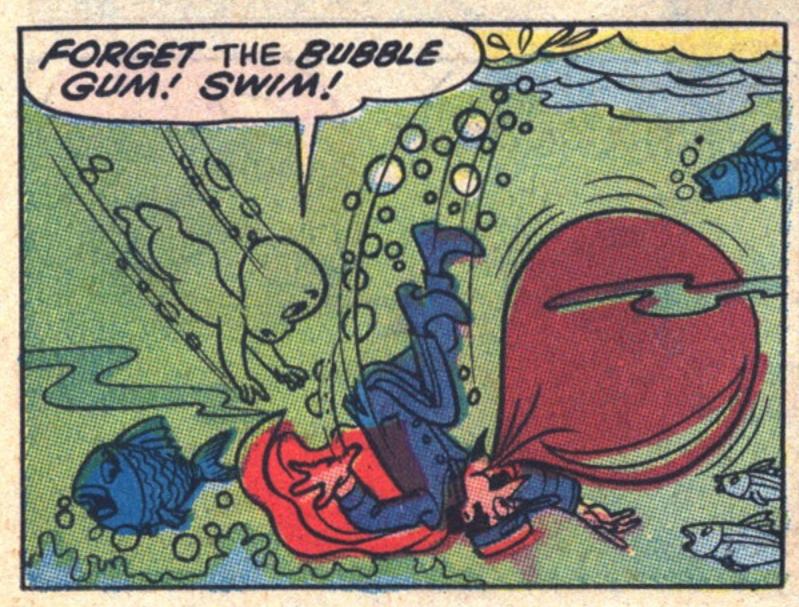










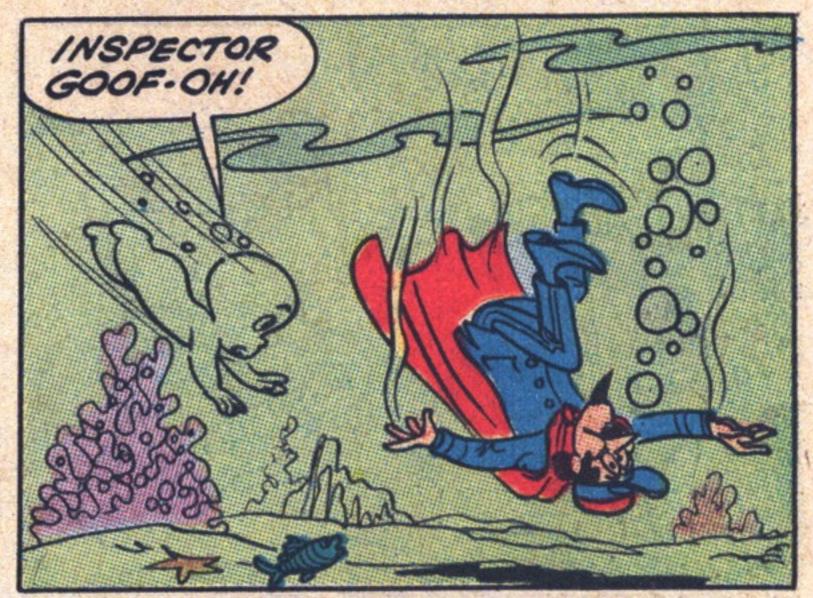


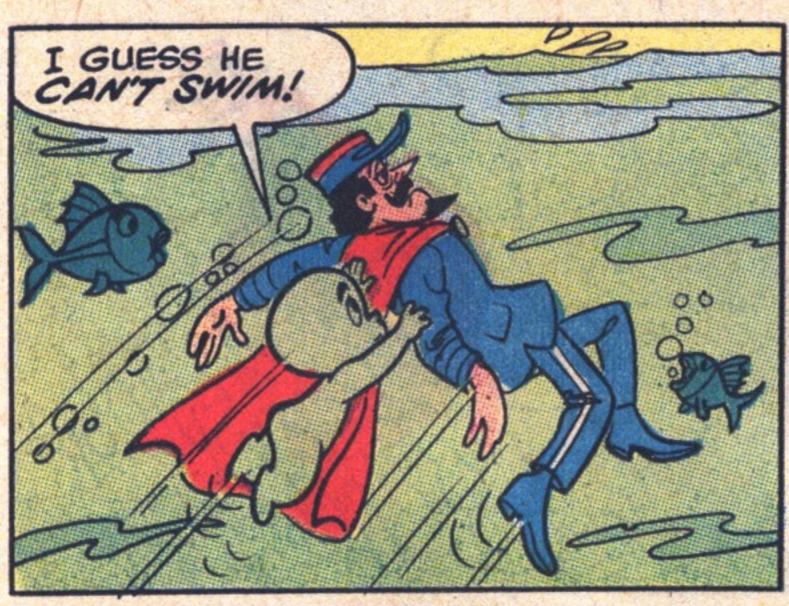






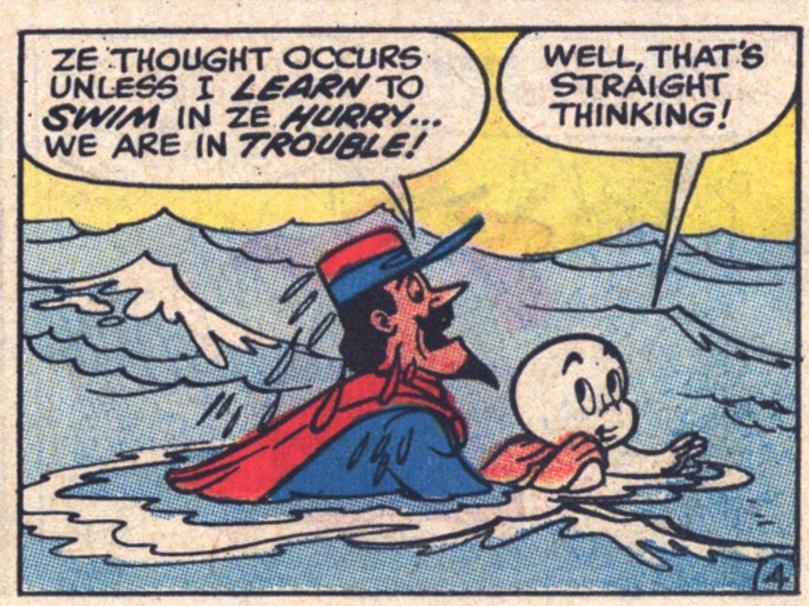






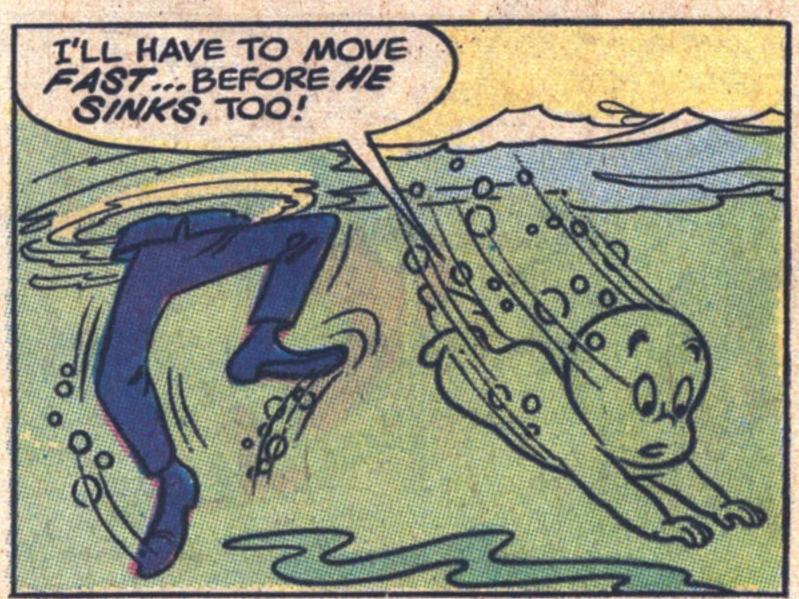






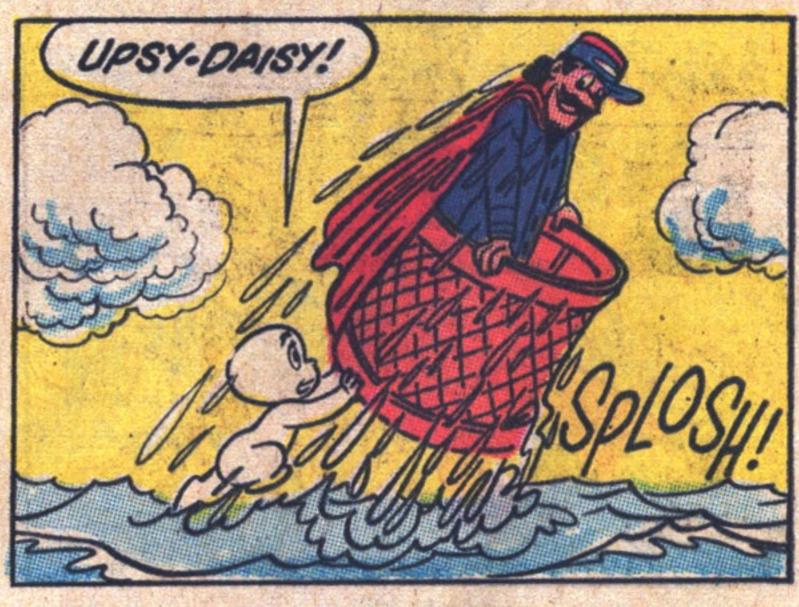
















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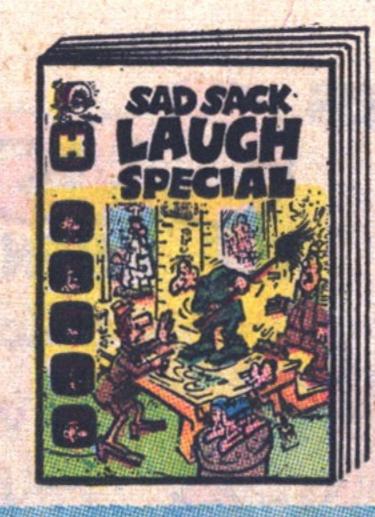
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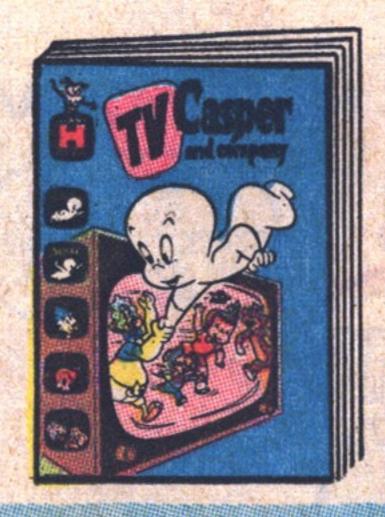
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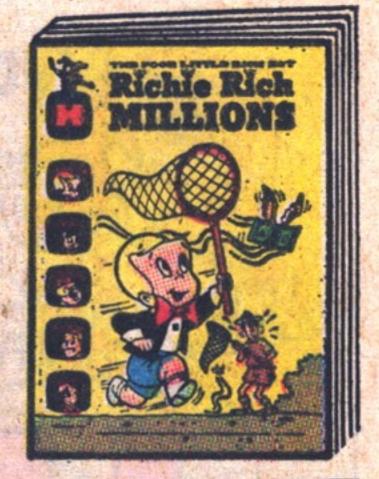
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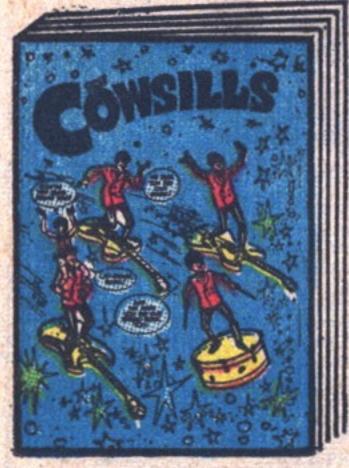














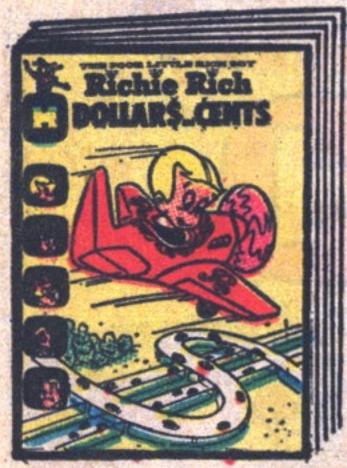


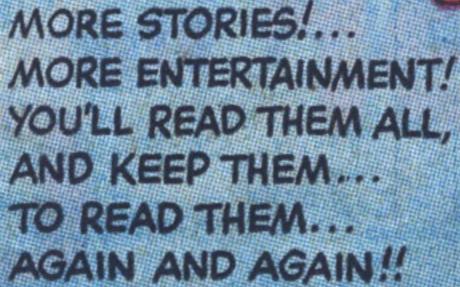




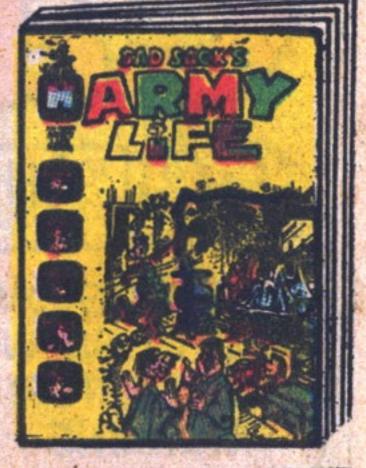


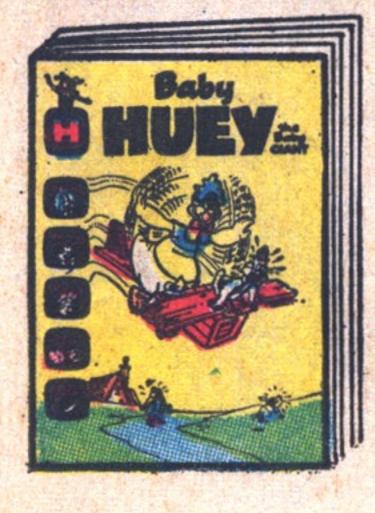


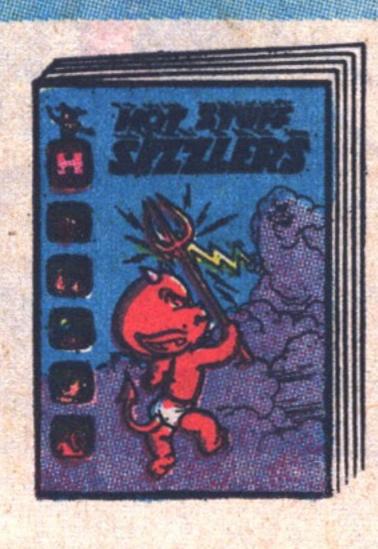


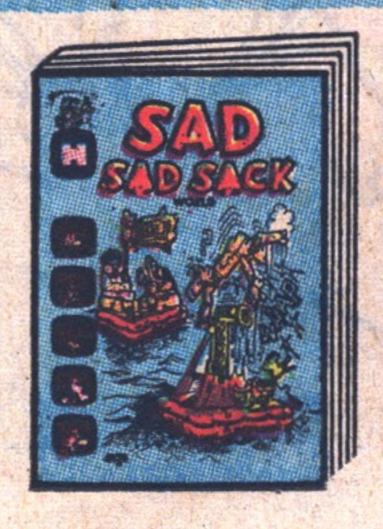












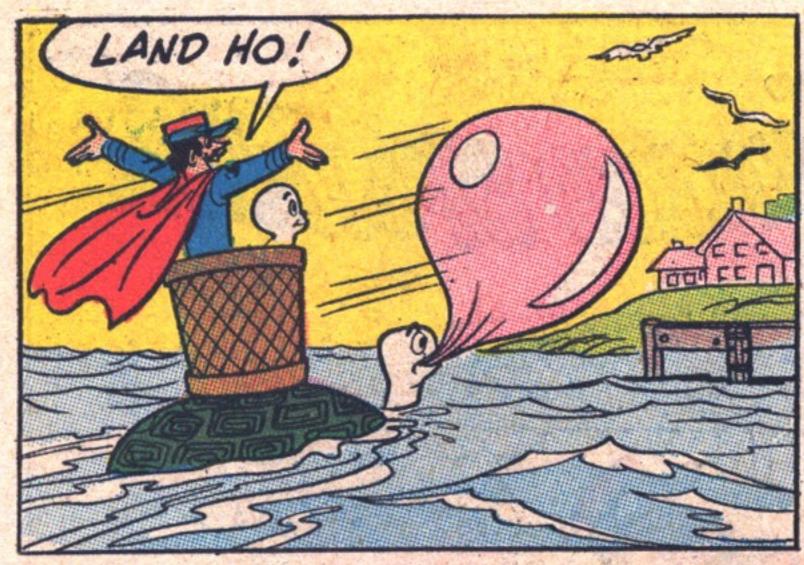


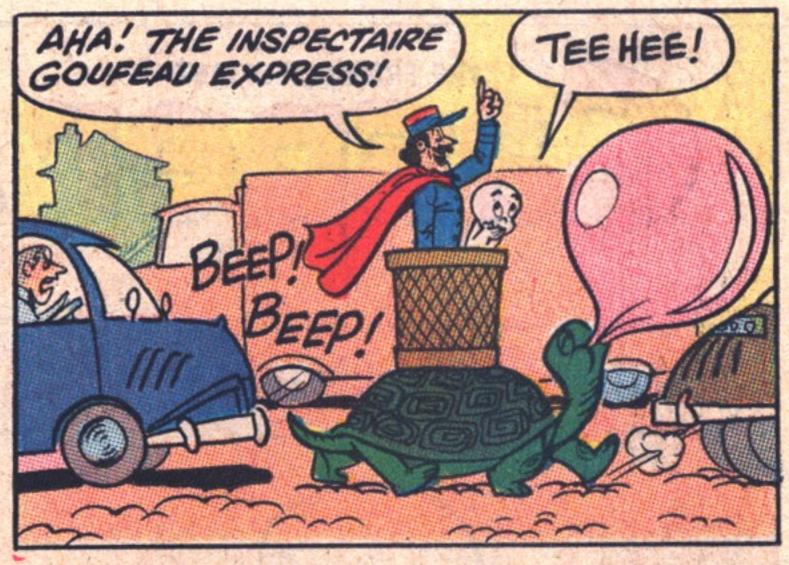


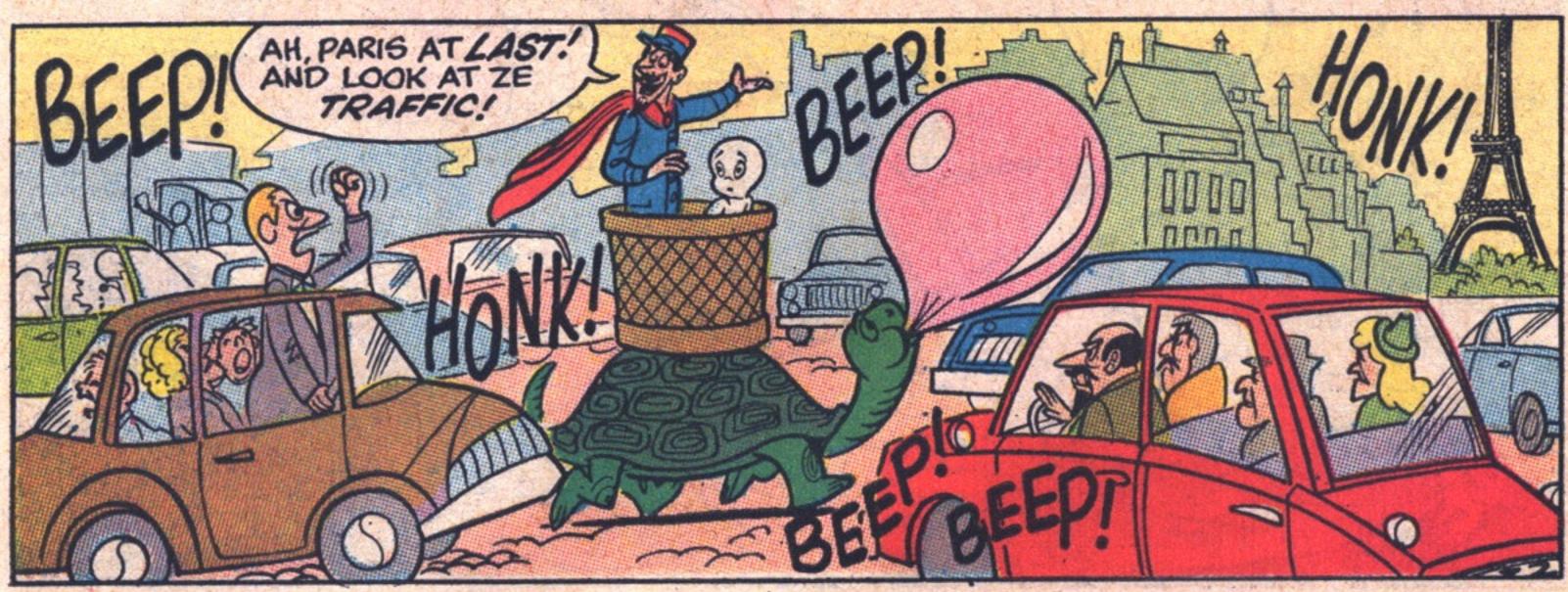




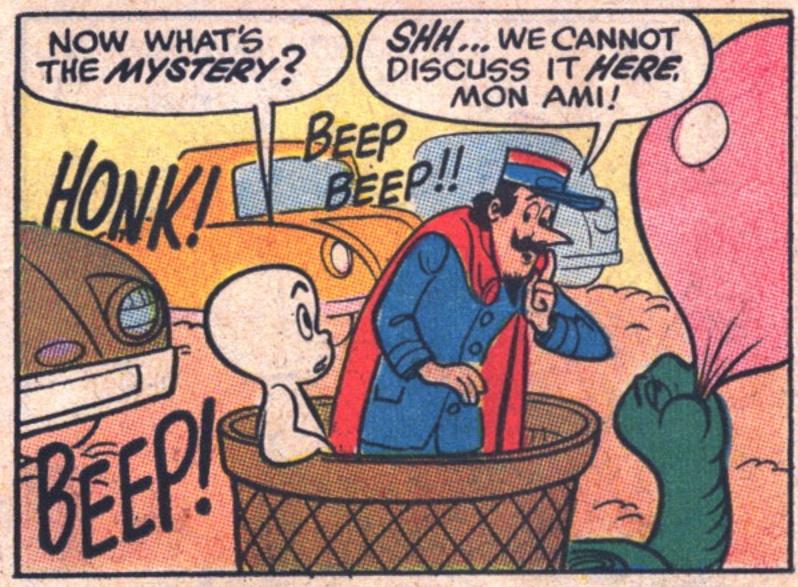


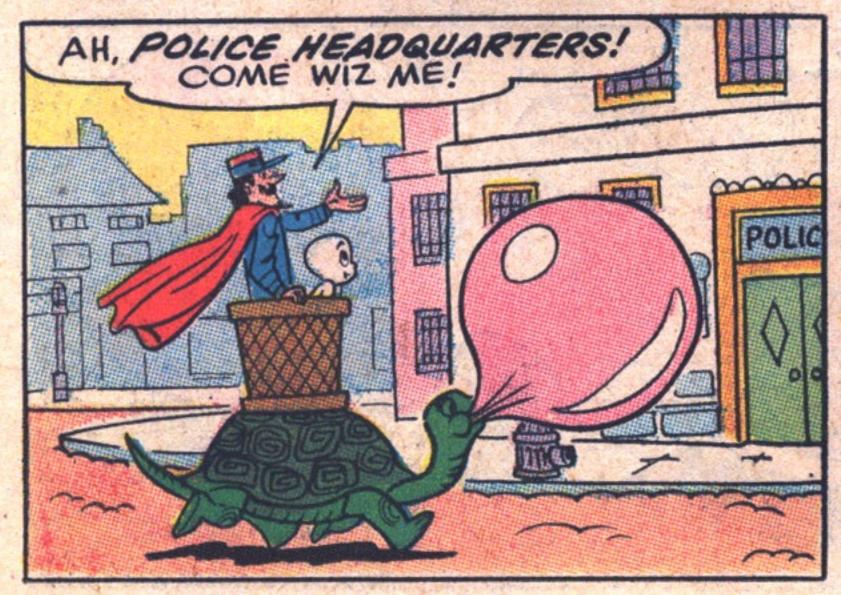




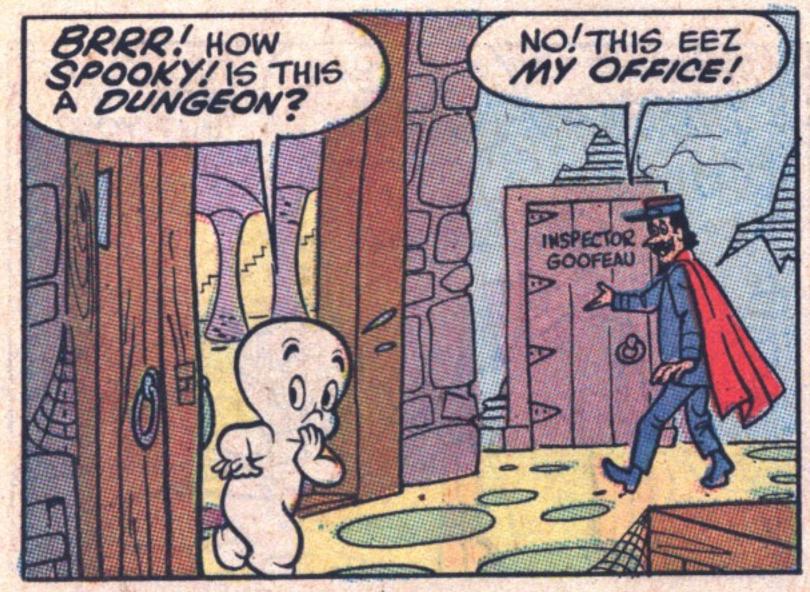














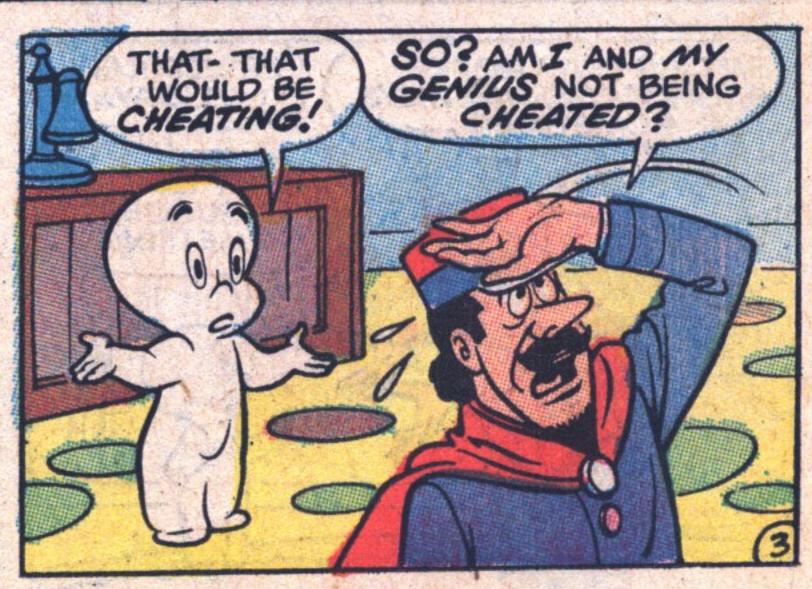




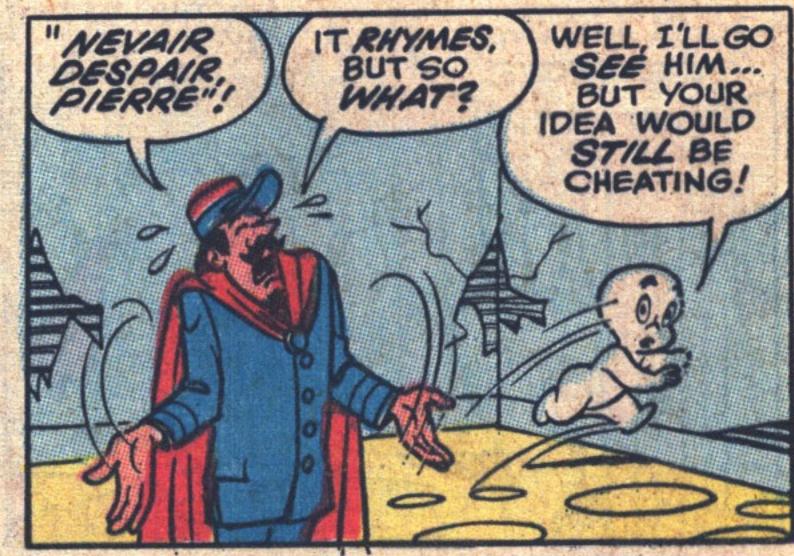




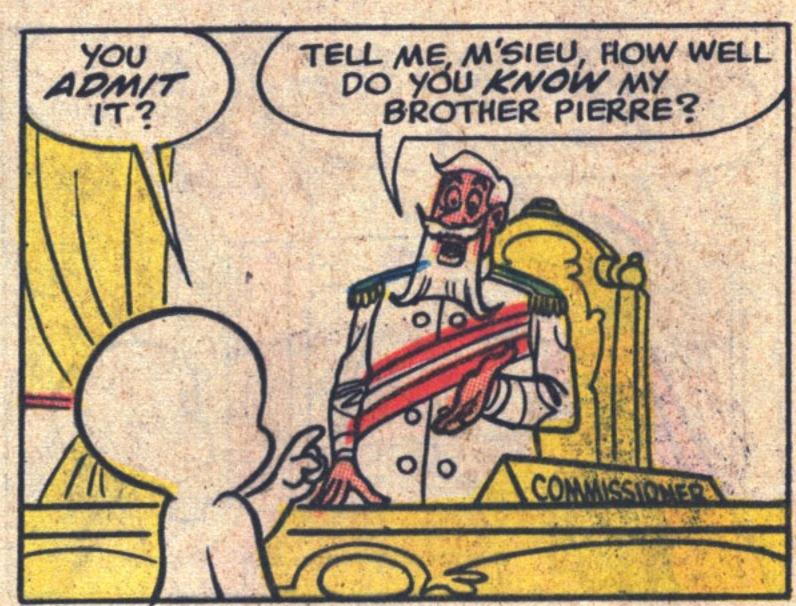


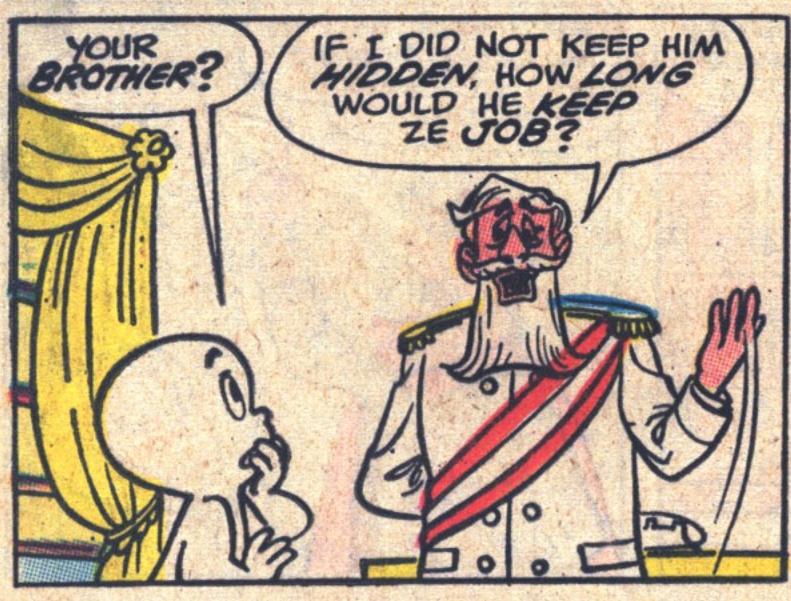


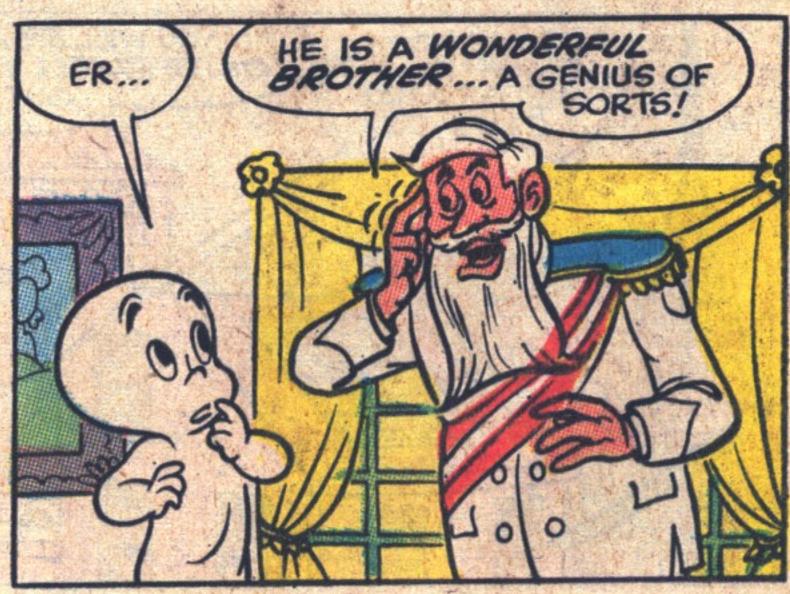


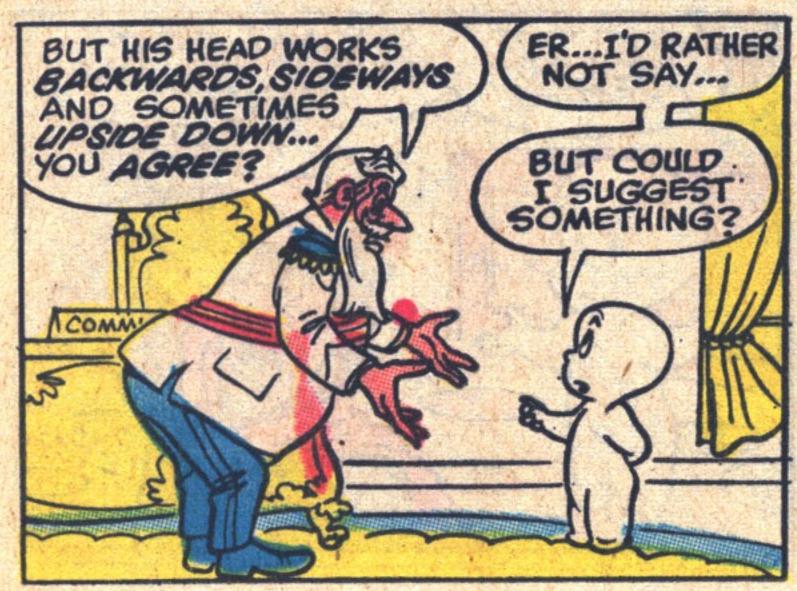


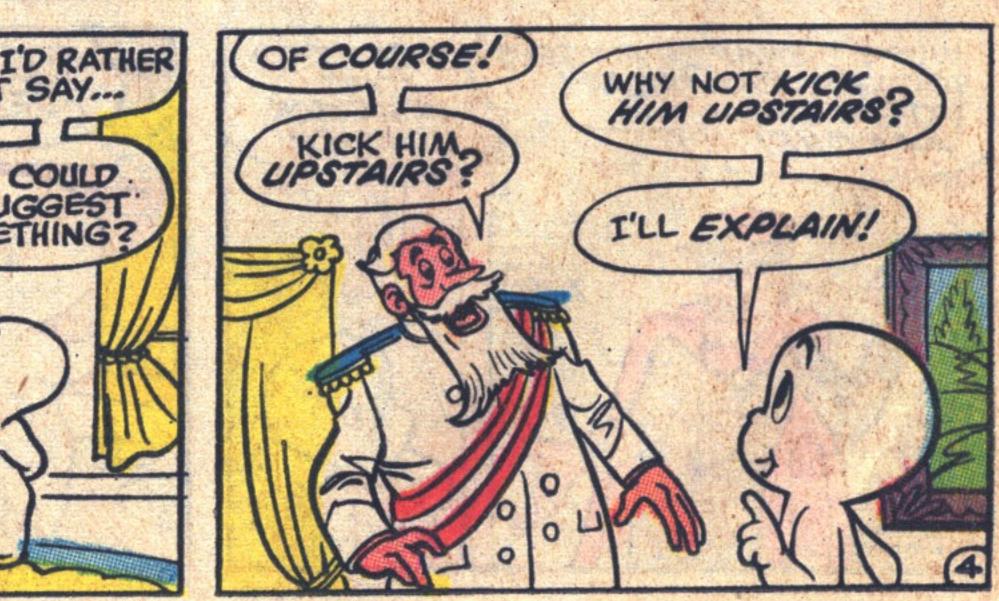










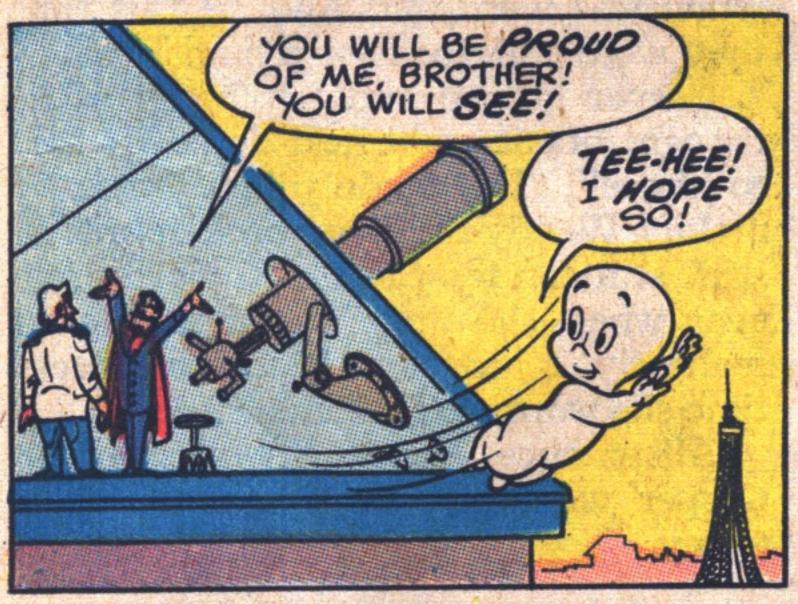


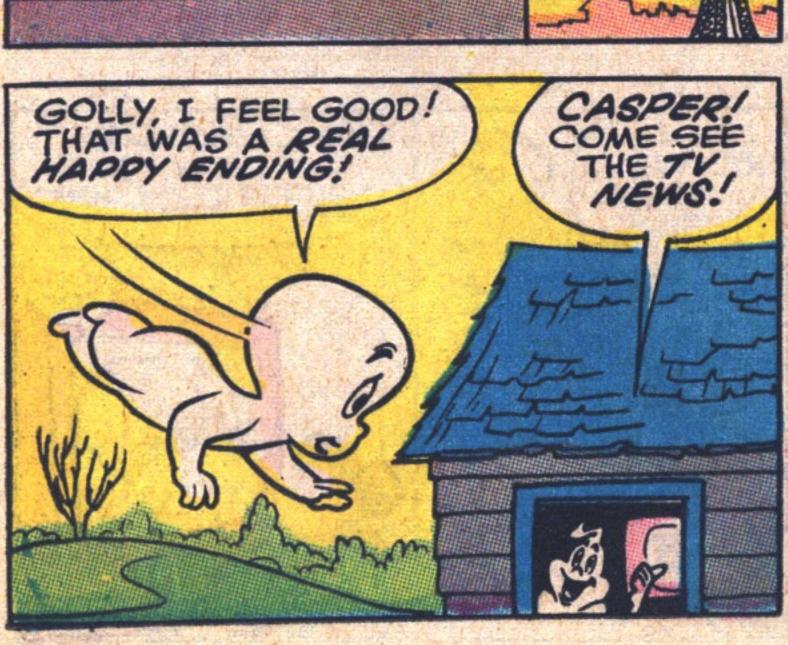








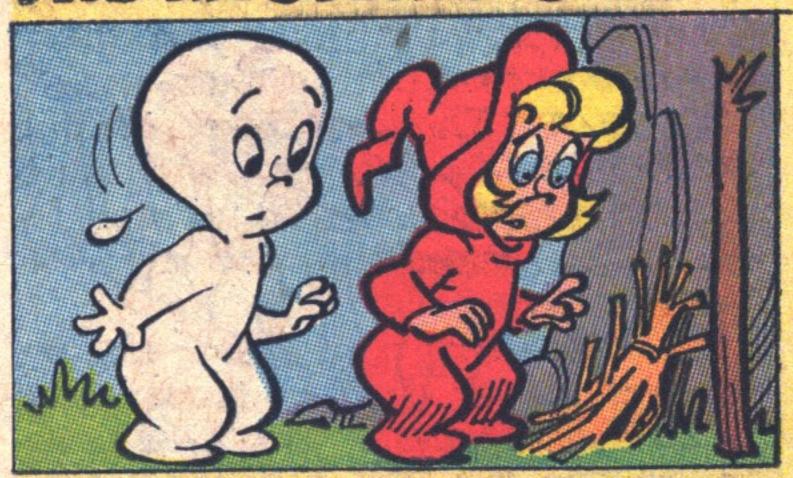






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CASPER in THE MYSTERIOUS BROOM



Casper was wandering through the Enchanted Forest one afternoon enjoying the cool shade of the great trees, when a gentle sobbing nearby made him stop short. He looked about.

"Wendy," he cried with astonishment, "why, I've never heard you weep be-

fore!"

Wendy looked up, startled, and she was ashamed to be caught crying even

by so gentle a ghost as Casper.

"My aunties broke my little broom," she told him, suddenly sobbing even louder. And she held up the broomstick in one hand and the straw part in the other. "They did it because I was late coming home to fix their lunch!"

"Tsk! That was a very mean thing for them to do," Casper said with a frown. "It would have been bad enough to spank you or send you to bed without dinner. But to break your broom so you

can't fly-that's just awful!"

The little girl witch melted into tears then, and seeing her so unhappy, Casper almost wept, too.

"Wendy," he said softly, "perhaps

your broomstick will fly you where you want to go without the straw part being on it!" Then he hurried out of the clearing where Wendy sat on a log near the witches' hut.

"That's ridiculous," thought Wendy as she looked at the broomstick. "No witch I ever heard of has flown on a broomstick with the straw part broken off!"

While Wendy was studying the broomstick and feeling a little silly about thinking it might just work, Casper made himself invisible and flew back quietly and landed close to her. He smiled as she said aloud, "Oh, well, it won't hurt to try to fly on my broken broomstick!"

Wendy mounted the broomstick. As she did so, the invisible ghost got his back under it and took off. Wendy was both startled and excited.

"Imagine that," she cried as Casper glided and zoomed about over the trees with the broom on his back and Wendy on the broom. "Before this we always threw our broomsticks away when the straw was worn out. And all this time they were still good for flying!"

Casper gulped and felt badly as he thought about what he'd done. He said to himself, "I've made things worse by making Wendy think her broken broomstick still can fly. She'll feel worse than ever when she finds out that it can't really fly. I just can't be around every time she wants to fly somewhere!"

All at once Wendy began to giggle. Casper wondered what she found so funny.

CASPER, THE FRIENDLY GHOST





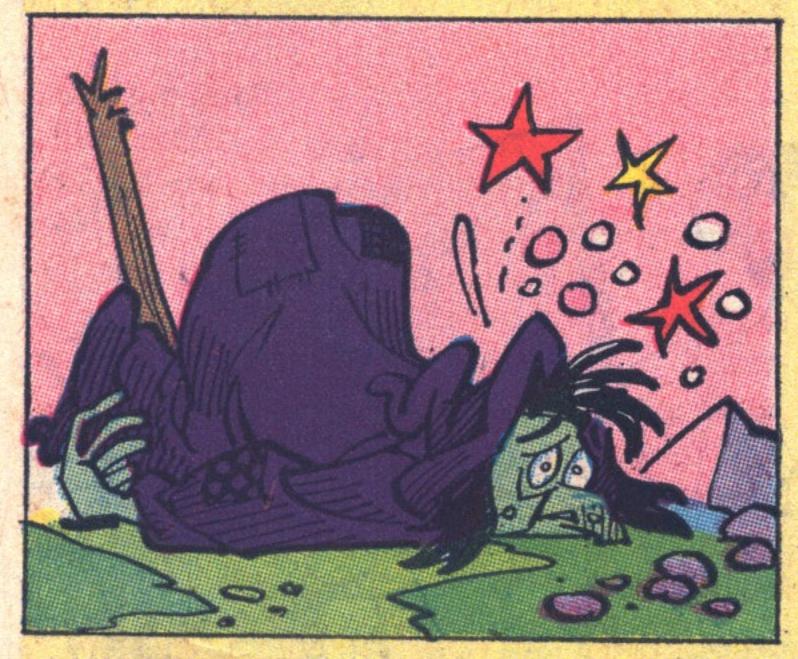




In the hut at that moment, Wendy's witch aunties began to wonder, too.

"When's that nasty girl coming back in here to wash our lunch dishes?" cried the witch Velma.

"Pah!" snorted Zelma disgustedly. "She's probably out there bawling her fool eyes red!"



Thelma growled, "Let's go out and give the little fool something to cry about!" The three witches hurried out of their hut and looked around.

"Up there!" shrieked Velma, pointing to Wendy, who was skimming over the tall forest trees

tall forest trees.

The other two witches looked up, and Zelma screamed, "Jumping juniper berries, that ridiculous child is flying around on a broomless broomtsick!"

"Doesn't she know that that can't be done!" gasped the third witch, Thelma.

Zelma looked coldly at Thelma and scolded, "Have you ever tried breaking off the head of your broom? Have you tried flying on a broken broomstick?"

Velma chimed in, "And have you thought, Thelma, dearie, how much money it would save us to saw off the old worn out head of the broom, and ..."

"Oh, hush!" Thelma shrieked, dashing for the hut. She returned with three brooms and three saws. In no time the witches had sawed the worn straw off their brooms.

"Let's take off!" cried Zelma eagerly. The witches sat on their broomsticks, but nothing happened. They tried a running takeoff, but landed on their faces. They leaped from rocks and tree stumps, trying to fly, but they kept falling and battering themselves. Finally they quit trying and hobbled into their hut.

Now neither Wendy nor Casper saw what trouble the witches went through trying to take off. Wendy was looking straight ahead all the time, and Casper was so weary that he couldn't keep his eyes open. At last Wendy had enough.

She giggled, "You must be very tired,

Casper. Let's go down!"

They landed and Casper said sheepishly, "So you knew all the time I was carrying you on the broomstick!"

"Yes, and thank you," Wendy said with a smile. "I feel much better now!"

Wendy went into the hut. The witches looked at her curiously. Then Zelma said, "We're going to buy new brooms, Wendy. "We'll get one for you, too!"

"Oh, thank you," she cried.

Wendy didn't know how, but she was sure that in some mysterious way Casper had helped her to get a new broom.

SAD SACK

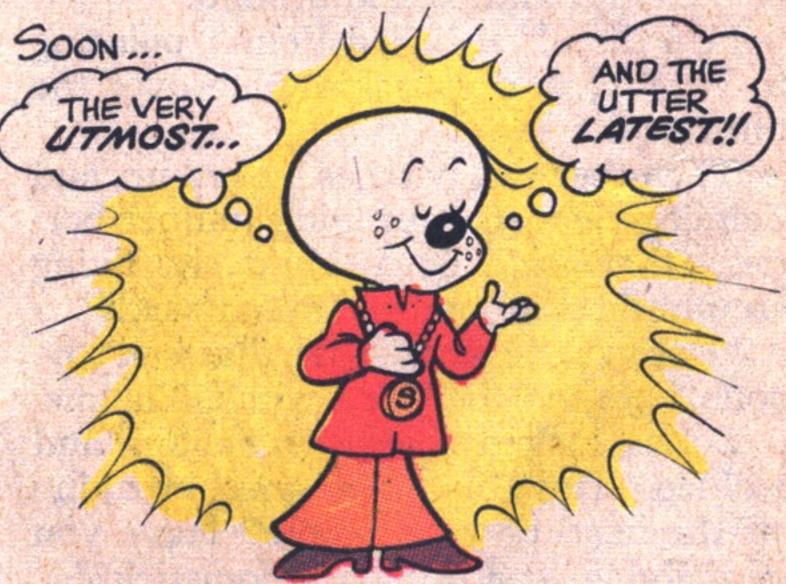




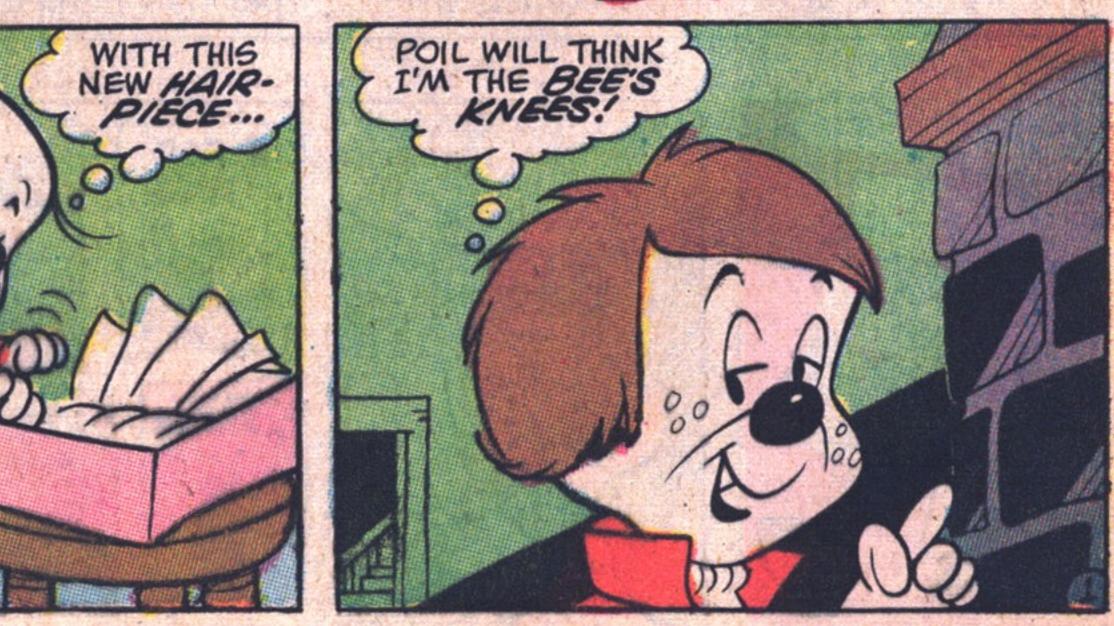


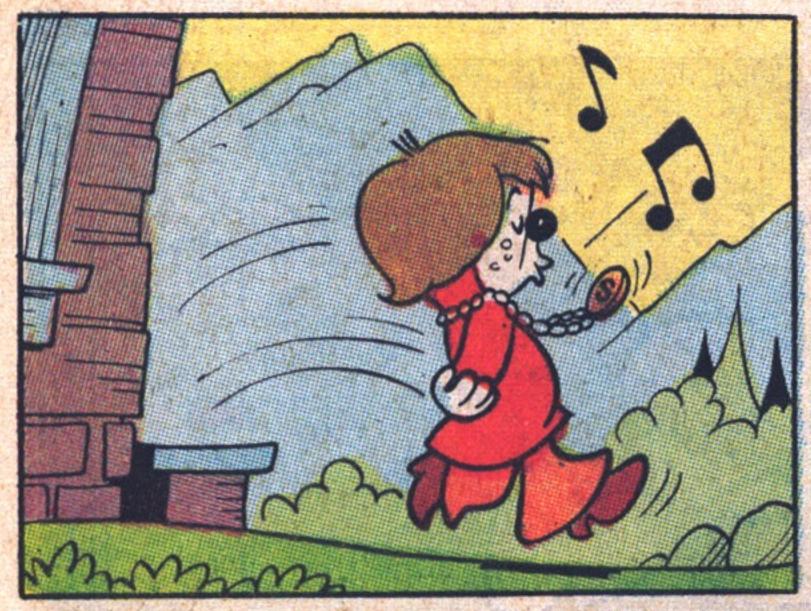


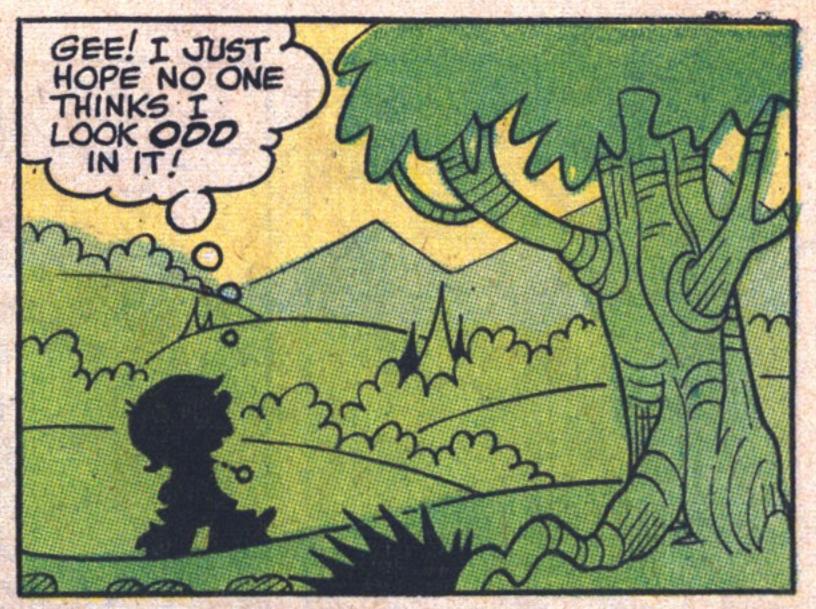


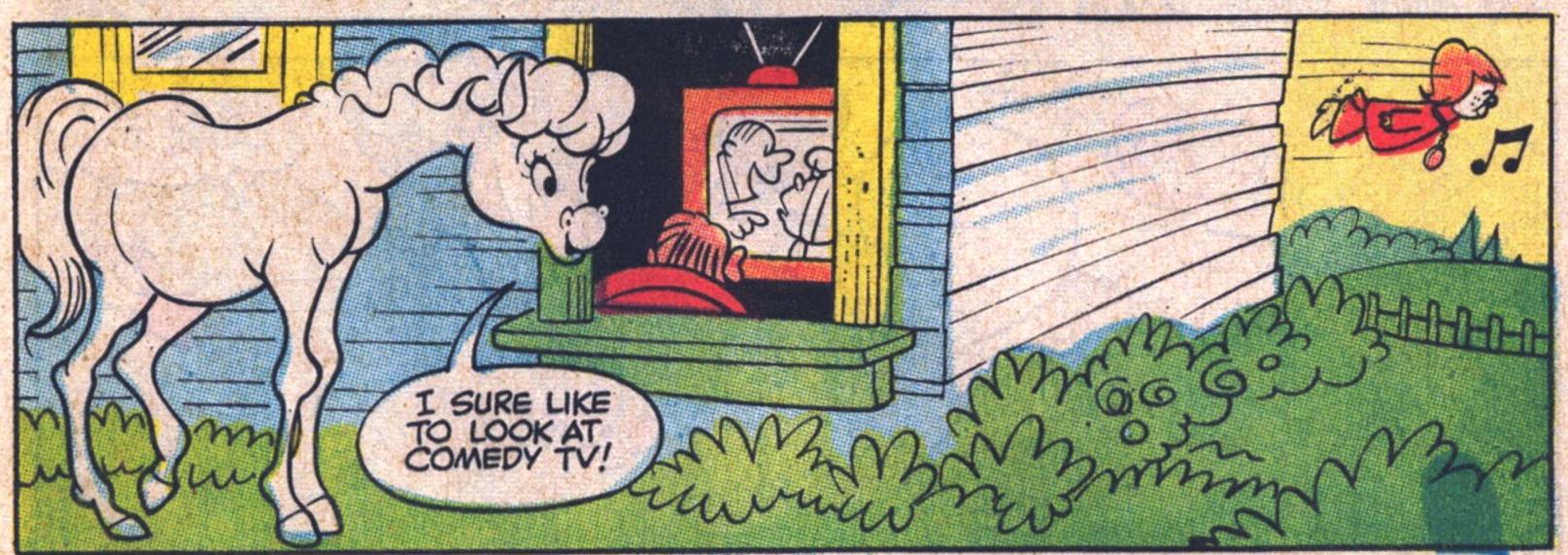


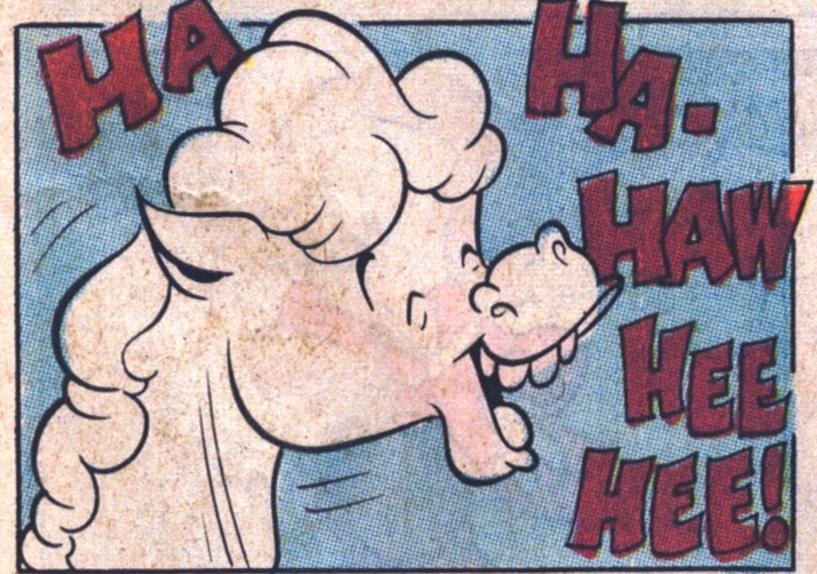




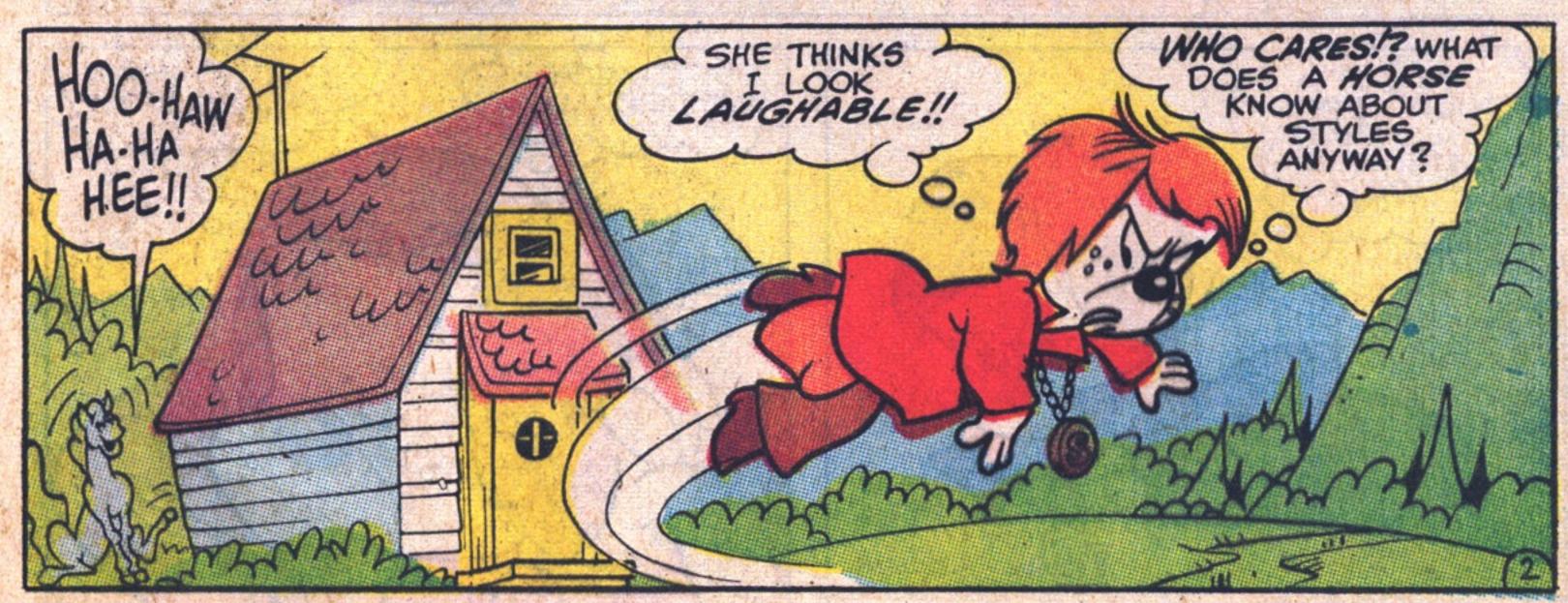




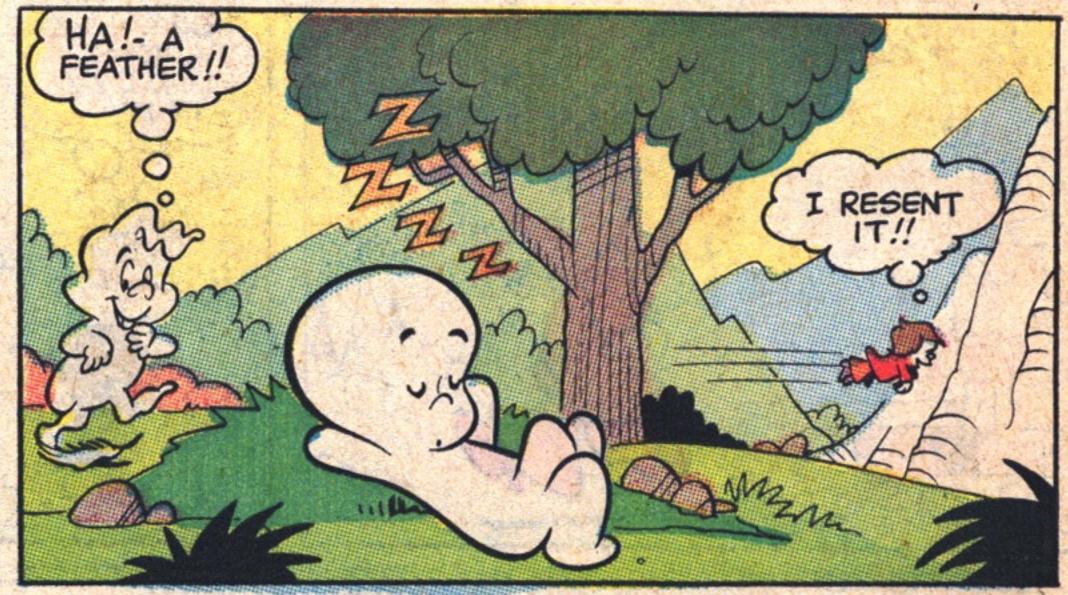


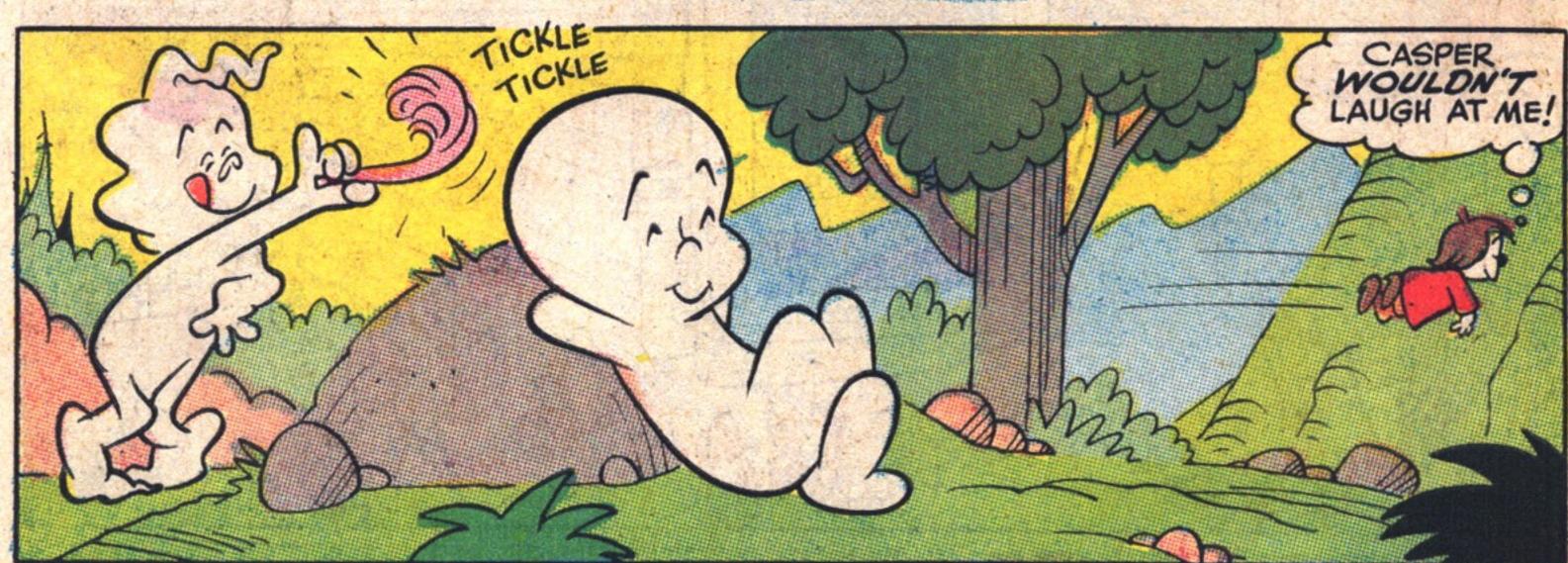


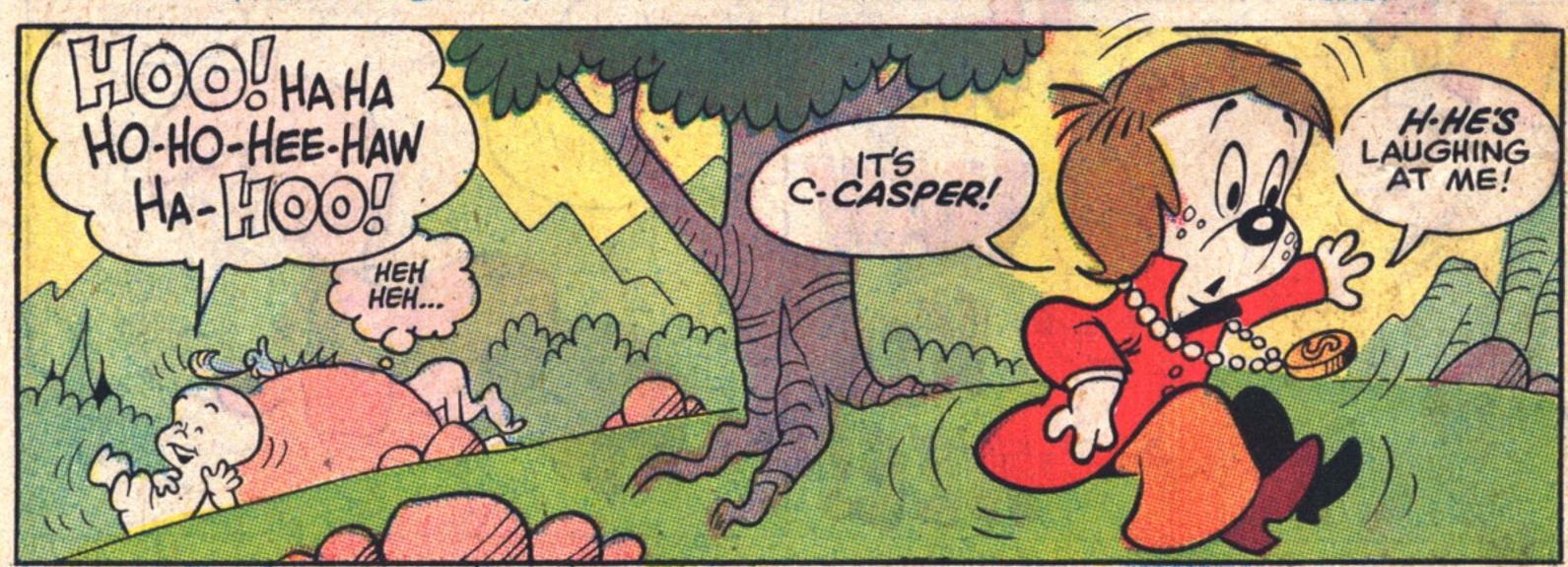




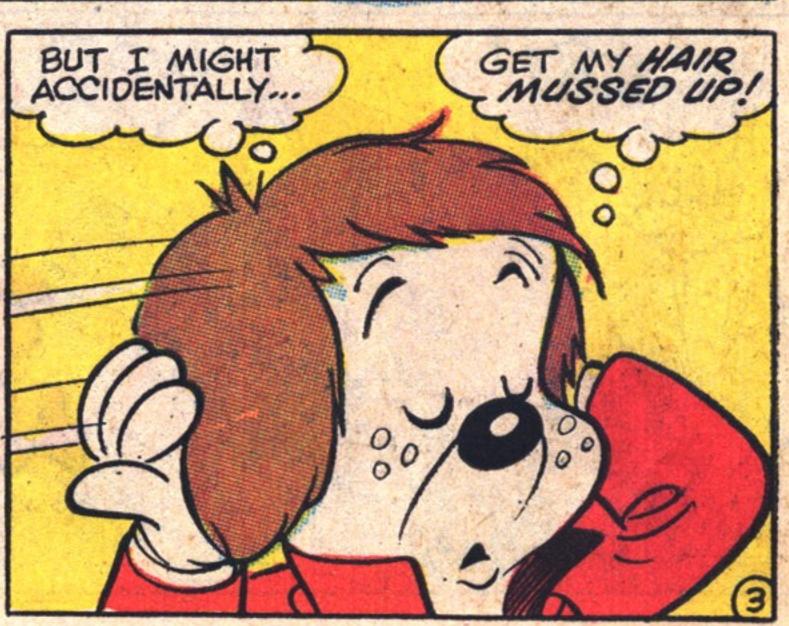


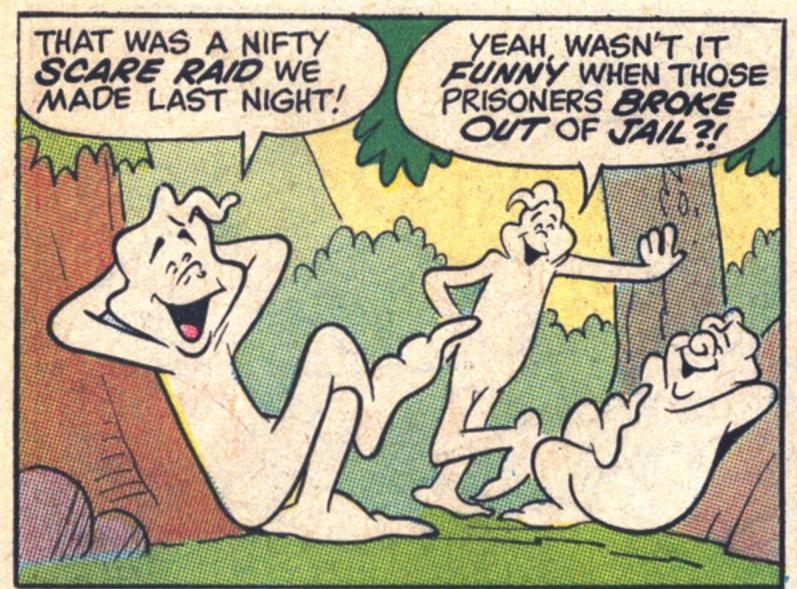


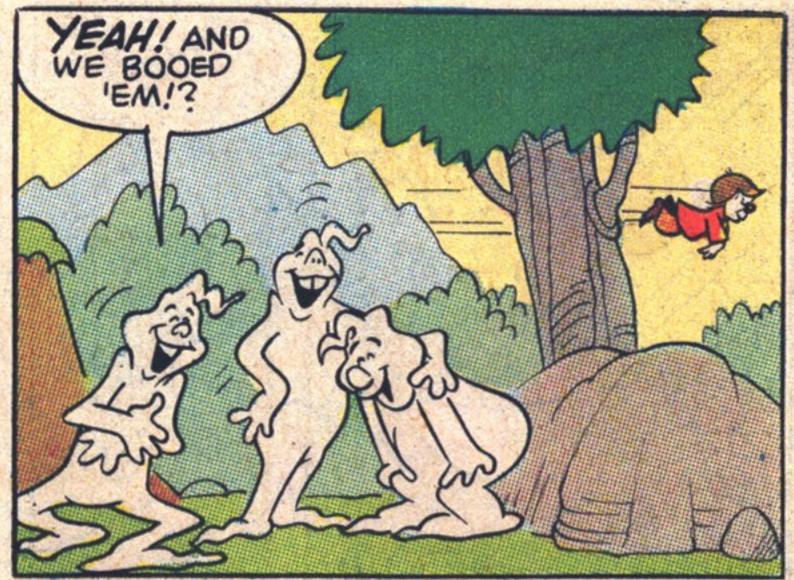


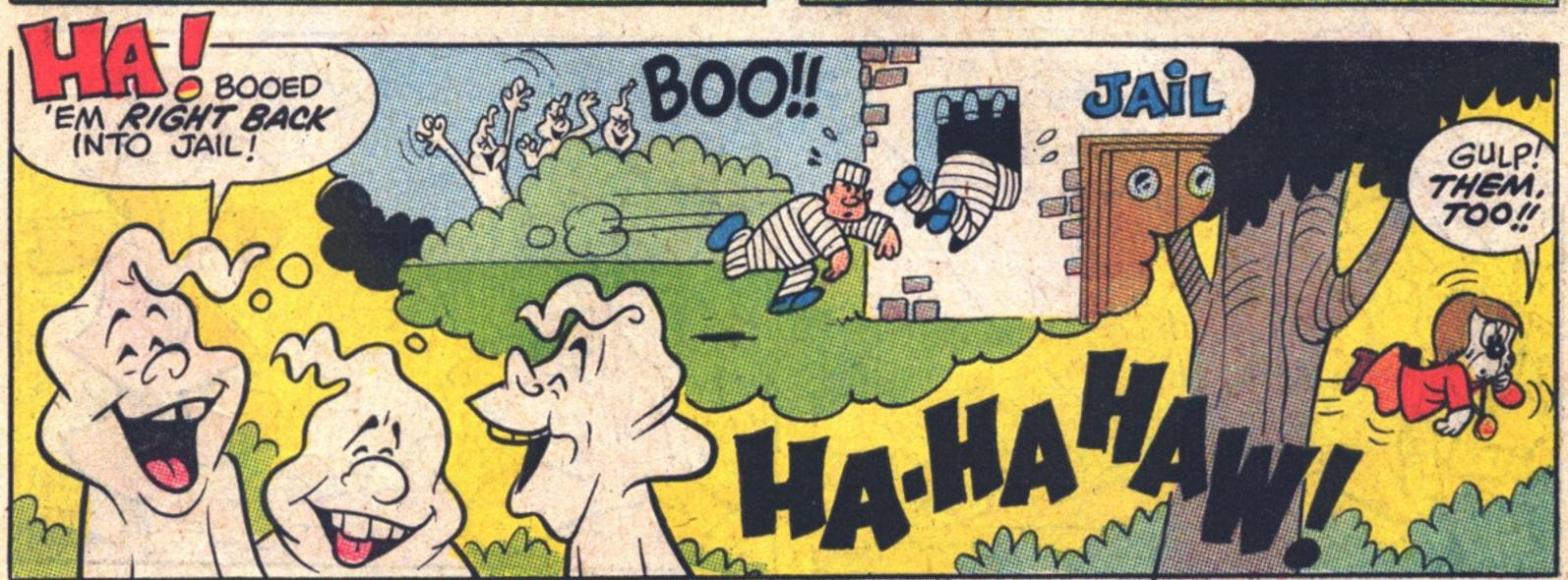




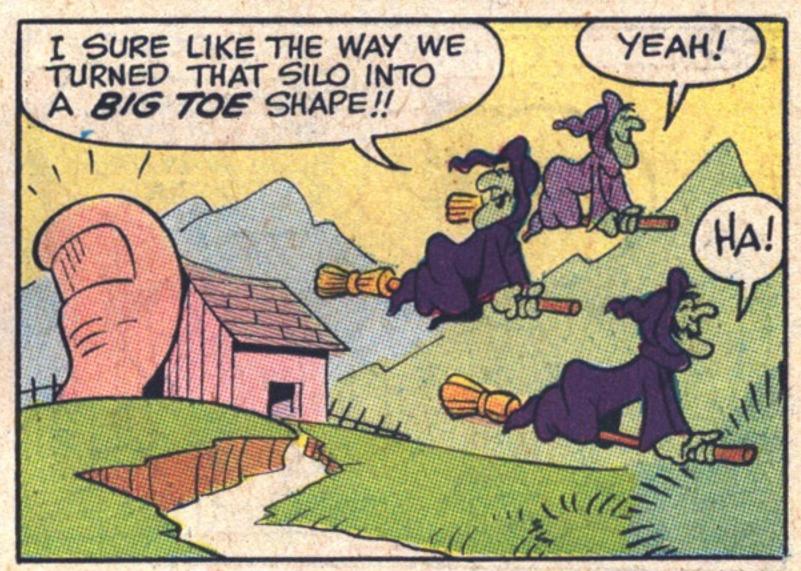


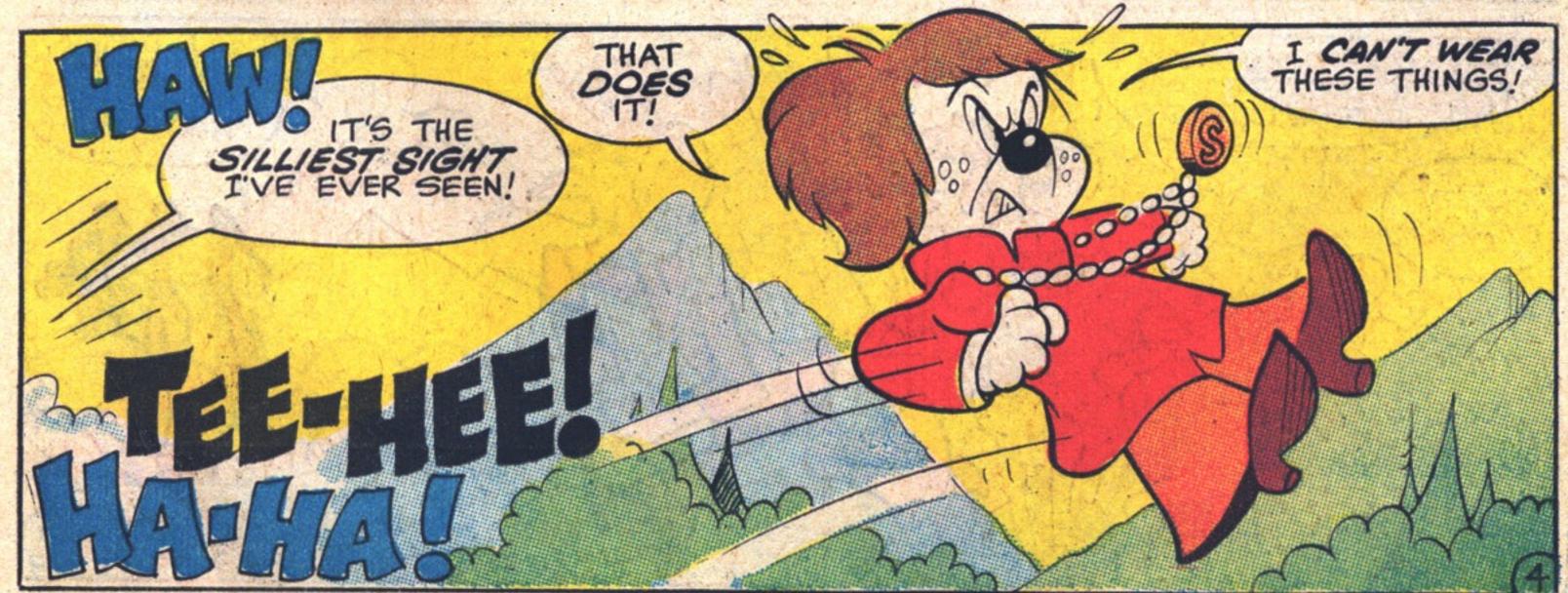




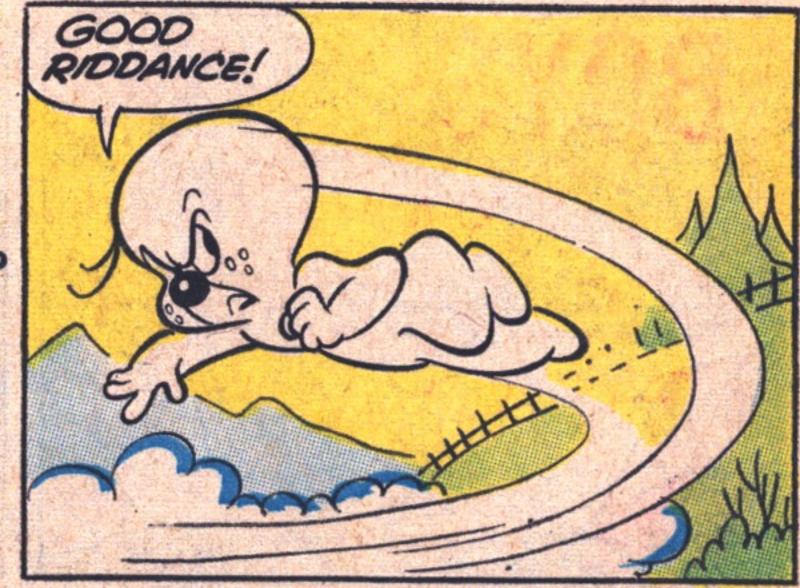


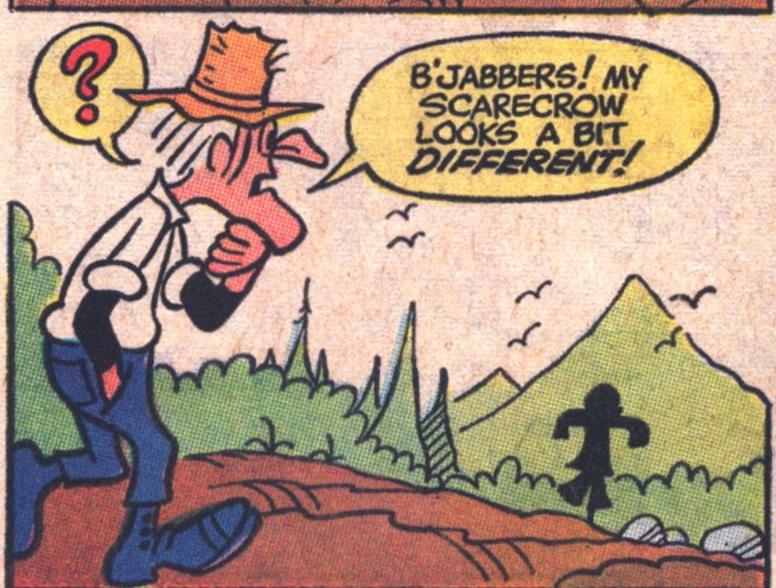


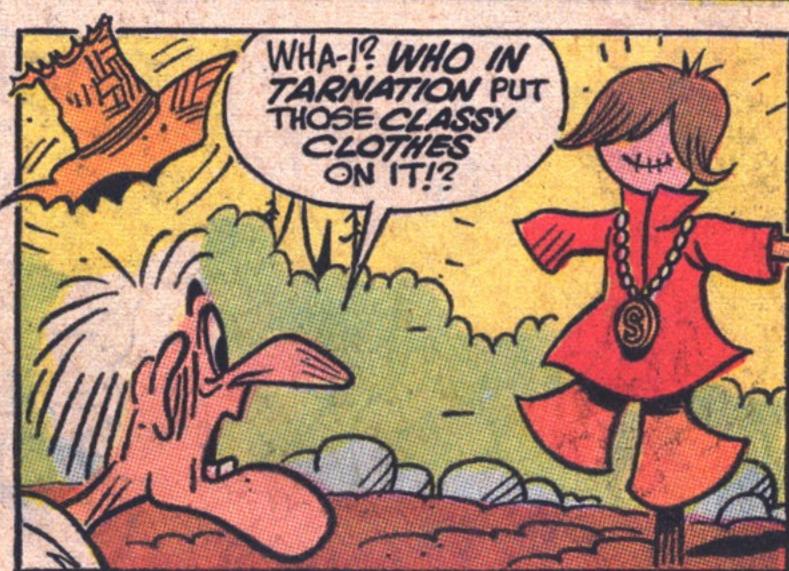


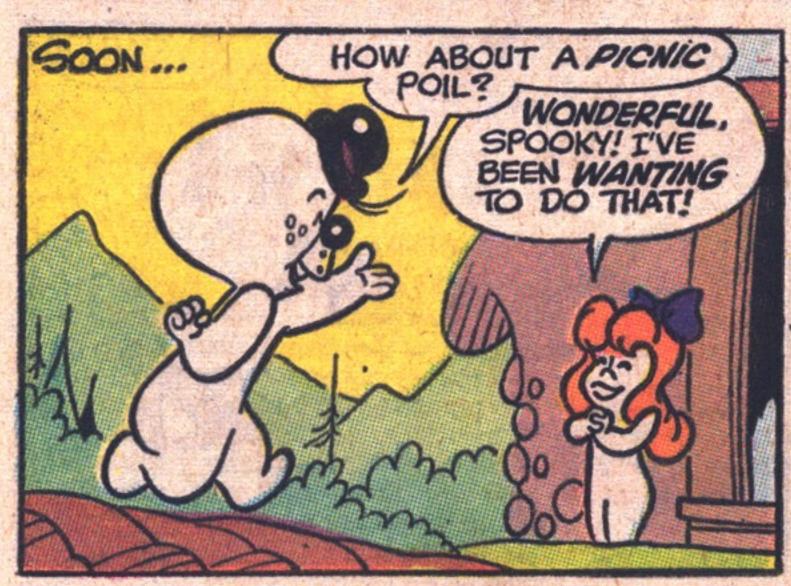




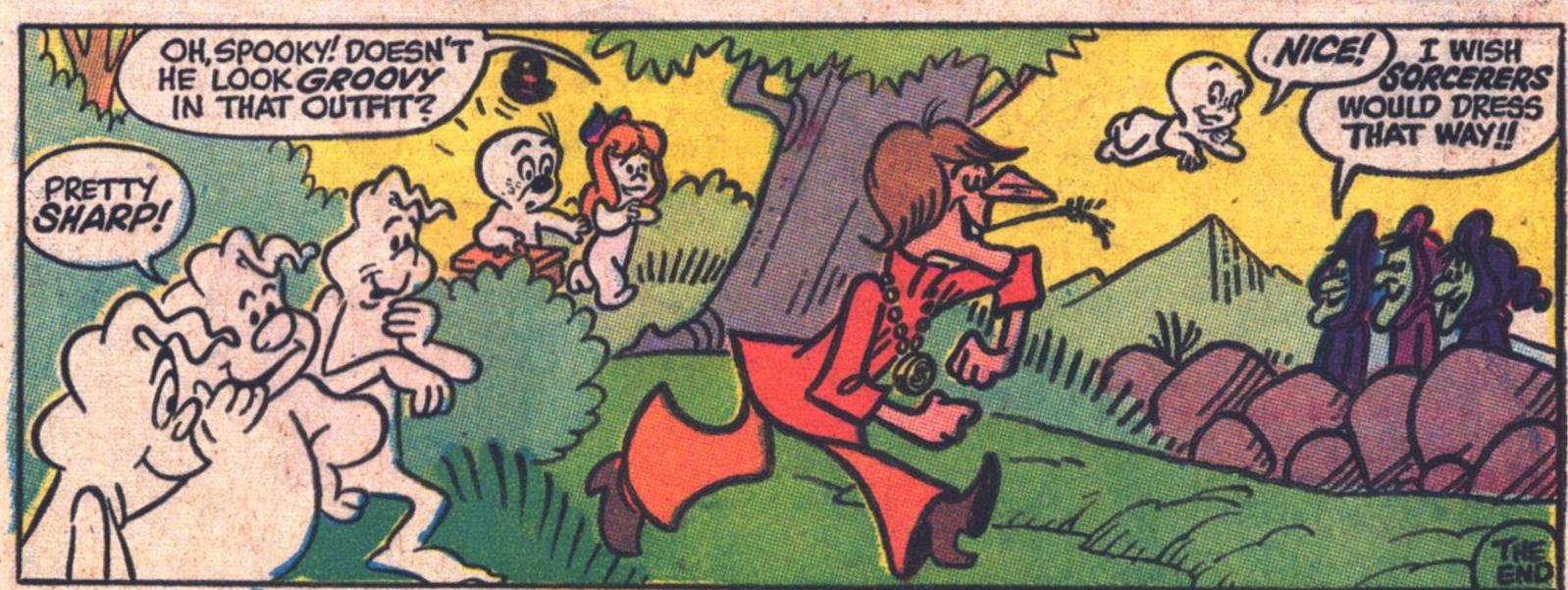




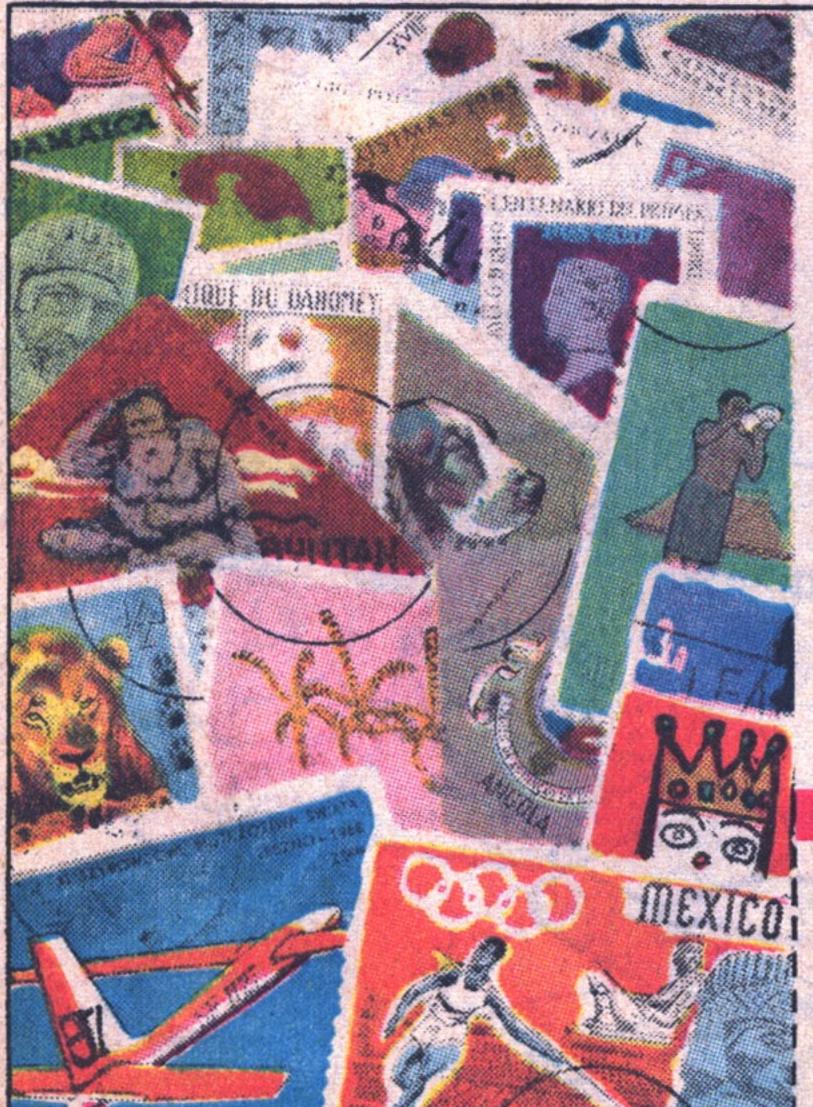












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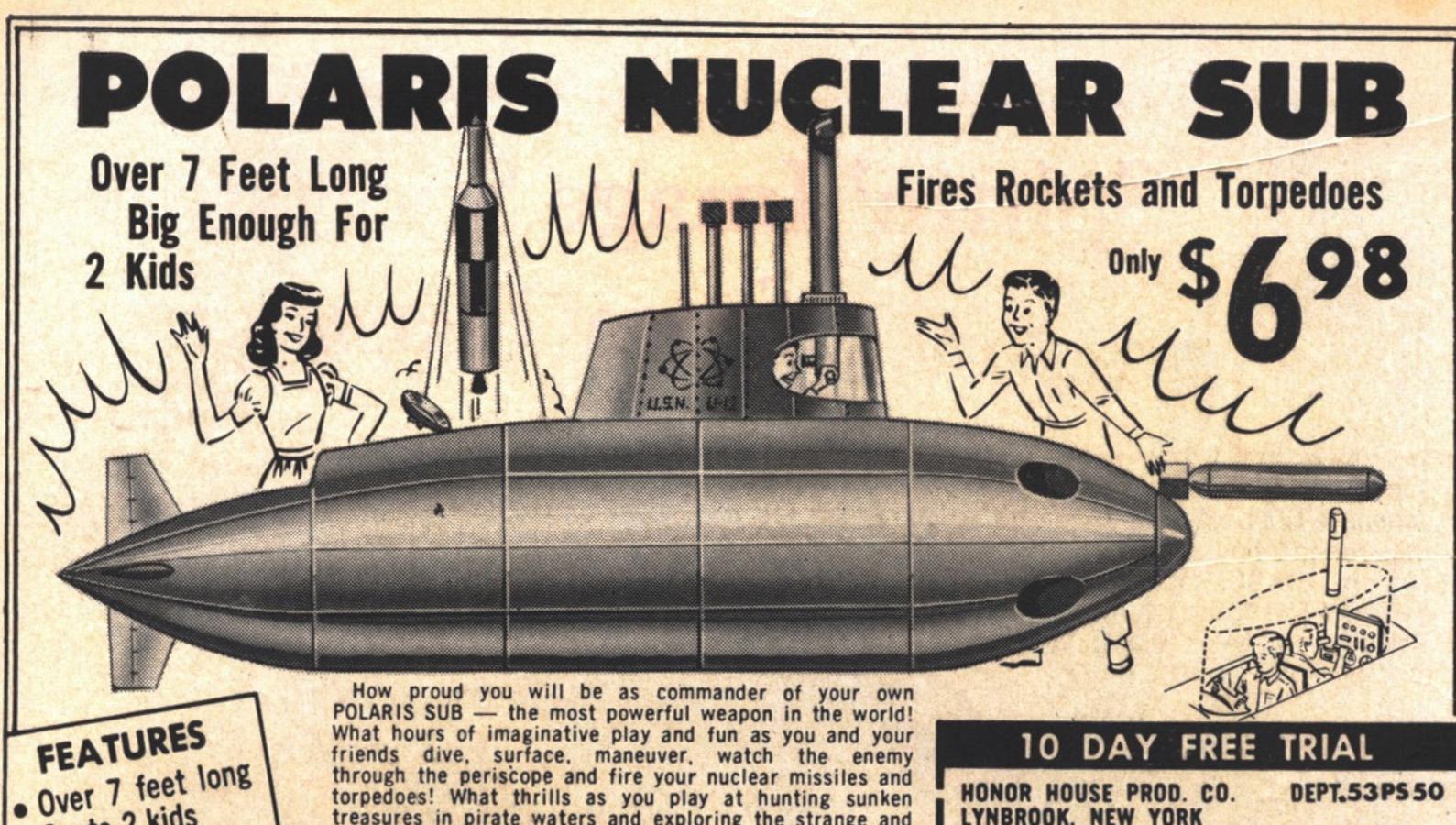
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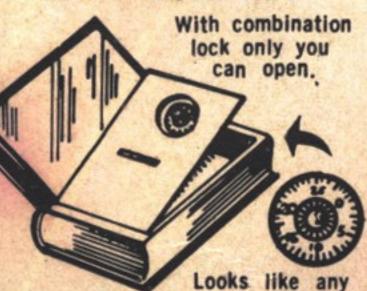


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