

PROOF! — NOT PROMISES



Maxalding, the original 100 per cent Personal-POSTAL bodybuilding organisation, is still the most up-to-date, progressive and successful method in the world. Its long history of success, right up to current competition wins, has given positive proof of its merits, and this mass of unchallengeable evidence is far more convincing than the ridiculous claims and unsupported promises made by some firms.

'MR. UNIVERSE' CONTEST 1968

Through the courtesy of NABBA, Court Saldo, Principal of Maxalding, was able to meet a number of his pupils at the above contest judging. He is seen making a presentation to 6-foot, 210 lb. NORMAN ROUGH, 'Mr. S. Scotland', the only Scot to reach the 'Universe' finals in 1968. Norman is one of the world's best developed big men with a height of 6 ft., weight 215 lb., and chest 52½ in.

(Right) ROY PERROTT who has used Maxalding from the beginning of his training, 'Mr. Universe' runner-up in Height Class twice, crowned his success by winning his class in the 1968 finals. (Photos by Paul Hawker)



SUCCESS SECRET

The success of the Maxalding instruction is due to the fact that it is personally applied to individual needs. Your course does not exist until it has been planned in accordance with all the relevant factors (Physique Type, Age Group, Nature of Employment, Requirements), and conducted month by month to accommodate the progress-pattern that is being achieved.

The supervision of training is under the control of COURT SALDO who has life-long experience of personal-postal bodybuilding, and numbers some of the world's greatest physiques among those he has instructed.

PHYSIQUE PRESENTATION

The Maxalding copyright Muscle Control discoveries form the basis of the 'mind over muscle' branch of the method. Apart from the muscle-growth stimulation and definition which results from Maxalding, it has further value to the P.E. contest aspirant, as it enables maximum effectiveness in Physique Presentation to be achieved. The terrific Back Spreads, Pectoral Bunching, Traps-Over Isolations, Abdominal definition. Peak Contraction of arms and legs, are acquired by the use of Maxalding Muscle Control.



'MR. UNIVERSE' WINNER

Maxalding pupils have scored success in P.E. contests over the years, having won 'Mr. Britain', 'Junior Mr. Britain', 'Senior Mr. Britain', 'Mr. Europe' and other titles right up to the 'Mr. Universe' standard.

MULTI-TITLE WINNER

GORDON VAN SERTIMA (centre) another Maxalding heavyweight champion, has won many P.E. titles and is here shown giving a dynamic Physique Presentation posing routine at the 'Mr. Universe' show. He has placed among the first three in the big man class. Power muscle control has contributed towards Gordon's world-class physique and big measurements. (Chest 52½ in. and arms 19 in.)

MAXALDING AND APPARATUS

Maxalding can be used without apparatus of any kind, and the whole muscular system can be employed up to the limits of its powers if required. Those keen apparatus men who train at gyms, or have equipment at home, can have special dual Maxalding/Weight-Training (or Strand Pulling) routines planned by Court Saldo without any addition to the very moderate fees.

FREE FORECAST OF YOUR FUTURE POSSIBILITIES



COURT SALDO (left) Principal of Maxalding, will make an analysis and forecast of your possibilities of future physical improvement.

Information required: age, height, bodyweight and measurements of neck, chest, waist, hips, wrist, ankle, knee, upper and forearm, thigh and calf. If you add any information regarding past training experience and results, this is a guide to potentialities. An explanatory brochure will be sent in a sealed cover on request. NO COST OR OBLIGATION OF ANY KIND IS INVOLVED.

PLEASE SEND FREE MAXALDING LITERATURE

Name

Age..... Occupation

Address

(MW27)

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