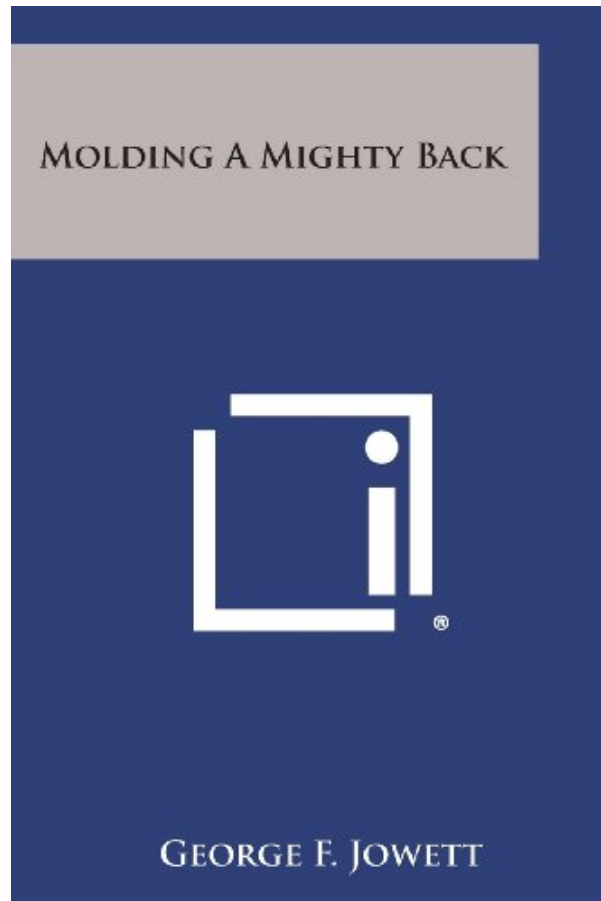


MOLDING A MIGHTY BACK BY GEORGE F. JOWETT



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The story of George F. Jowett is most inspiring to all who are seeking great strength and a powerfully developed body. As a boy he was badly injured and physicians declared he would never live to see the age of fifteen. What the physicians overlooked was the consuming flame of desire which burned within the weak, undersized body. He overcame his physical problems and rose to be one of the world's strongest and best built athletes.

In Molding a Mighty Back you'll discover 15 exercises they develop the powerful exercises of the back which include the latissimus dorsi, the trapezius and more. Along with building the strength and mass of the back these exercises will also develop stronger shoulders and arms.

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Excellent Old Style back book

By gt surber

Review – molding a Mighty Back George Jowett

“Molding a Mighty Back” by George Jowett is a classic text on muscle development of the back. It is also one of a series by Jowett on “Molding a Mighty . . .” including Arms, Legs, Grip and Chest, along with his classic “Key to Might and Muscle.” Jowett idolizes (his own term for his level of respect for these two men) Saxon and Hackenschmit. He refers to Max Sick several times. He mentions Coulter, Shaffer, Kliment, Moygrossy, and Arco.

The book is old style, having been written in 1932. But is quite readable and easily understood. There are not set patterns, or actual workouts nor suggested weights. The diagrams are totally period and worth the price of the book. First we get an overview of the 4 major muscles of the back: Lats, Traps, Post Delts, Ext Oblique of Ab.. Jowett also later discusses the Serratus Anterior and the Erector Spinis as important. He refers to, but does not name the rhomboids. I did not see that he discussed the Teres.

Then mixed in with a lot of motivational material and references to the older strongmen mentioned above, are directions and diagrams for about 14 exercises. These are mostly dumbbell exercises. There are a few bodyweight, and a few self resistance exercises mixed in. Jowett spends 3 pages giving directions and

motivation for the Bent Press, an old style press. (I have seen C Logan and T Stoezel push this recently on their joint DVD.) He only briefly mentions the chinup or pullup. The directions for the most part are clear enough. I occasionally had difficulty understanding if he wanted me to raise my arms in front of me or to the side of me, but the diagrams usually cleared this up. A few of these exercises seem to have fallen from favor, like tossing a dumb bell from hand to hand overhead (perhaps too many bruised heads?) or the unilateral lat pull over. Most of us are not doing the “will exercises” as Jowett calls them. Our term would be self resistance.

There are repeated warnings to develop the External Oblique so as to have a square lower back below the flare of the lats. This he considers essential to good workouts and good posture.

Jowett includes some warnings, like not forgetting the Erector Spinis, or putting too much weight in any exercise, especially the overhead press, or standing bent backwards. He only mentions the overhead press to warn us not to use too much weight as that increases sway back issues. In general he seems to like lighter to medium weights apparently going for reps and time under tension, although he does not use those terms.

For an individual wishing to develop his back, the exercises presented by George Jowett, mostly, would be very useful and mostly worth considering adding to a back program. For a collector of old strongmen books, this is a real jewel.

2 of 2 people found the following review helpful.

Jowett's Classic Course on "Molding a Mighty Back"

By Perry Sandlin

Ever wondered how men of the early 1900s got their bodies raw bone strong? This course is a great example of how early 20th Century men worked out using common items around the house to develop tremendous strength without breaking their wallets or hurting their bodies with dangerous and illegal drugs. A classic reference for any workout library.

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