

Successor To Charles Atlas?—Could Be



Ronald Ledas, East Carolina's example of physical culture, is pictured above as he works out in Wright building. Ledas weighed 118 pounds when he first started his training several years ago.

Weight Lifting Gives Muscles

by Bruce Phillips

A couple of thousand years ago, in the days of the Greek athletes and the Roman gladiators, finely developed young men were followed around as gods by the populace. Today much of the intimate worshipping has culminated, but the envy and admiration is ever present for those who have reconstructed their porous bodies into compositions of muscle and physical perfection.

East Carolina has its own "Muscles Incorporated" in the personage of Rodney Thornton Ledas. Rodney, a sophomore major in physical education, hails from Petersburg, Va. While attending high school at Petersburg, he became interested in weight lifting, partially because of his diminutive structure that was a definite defect in his capacities and handicapped him greatly.

Working after school at a local YMCA, he started drilling with the bar bells at regular intervals. Results were astounding! Rock-ribbed muscle soon began to replace the slender arms and shallow chest. His frail body blossomed out and muscular definition took place. Following graduation from high school Rodney enlisted into the Navy blue, and while serving with Uncle Sam, he was able to continue his remarkable body building.

Stamina Sport

Weight lifting is a sport that calls for stalwart determination and magnificent stamina. For results it has to be done regularly and thoroughly. It takes a lot of guts, and if you don't believe us, just try it a couple times! Yours truly personally bar-belled it one afternoon, and for two days following couldn't even brush his teeth!

Rodney Ledas had what it took, and following his hitch in the service commenced right where he left off. He enrolled here at East Carolina and continued the strenuous exercises that have definitely paid off, and he can readily show for it. Rodney tips the scales at 175 pounds. Before he started "building himself a body" he hardly got his money's worth while weighing-in at 118. Mind you, this poundage isn't fat, but solid brazen muscle! Rodney has sweated for every inch of it, and after two full years at jerking the ponderous weights he has a truly magnificent build.

He has developed biceps from a little 13 inches to a mighty 18 inches. If you don't think that's an arm, just measure yours, sometime! He has molded a 45 inch (normal) chest from a beginning trunk of 38 inches. By the tape he has put three inches on his waist, coming from a shadowy

27 inches to 30. At first he wore a boyish 14-inch collar, now he buttons-up a size 16. That's what we call reconstruction!

The height of Rodney's success came to a pinnacle last December when he entered with a long list of other body builders and strongmen in the "Mr. Capital District" physique and weight lifting contest. The contestants were placed into three classes, short man, average man and tall man. Our own "body-excellent" muscled-off honors as "Mr. Capital District" in his division. He was awarded a beautiful 12-inch trophy as a denotation for his outstanding achievement.

Sheer Strength

To illustrate Rodney's capacity of sheer strength, he can prone (lying flat on his back and pushing up-

ward) 325 pounds. He can also actually military press (standing press) 220 pounds. He is able to curl his body weight, and that in itself is phenomenal!

Rodney intends to continue his leaden exercises and plans to enter numerous future physique and weight lifting decathalons. Presently he is teaching a course in body building in the basement of the Wright building. If your friends meet you by pressing you over their heads, you can be sure Rodney Ledas, "Muscles Incorporated," has taken them under his tutorage!

Rodney takes his work seriously and he truly believes that lifting weights makes one tremendously healthy and happy. Rodney is studying to become a physical therapist. Fortune to you, Rodney Ledas—

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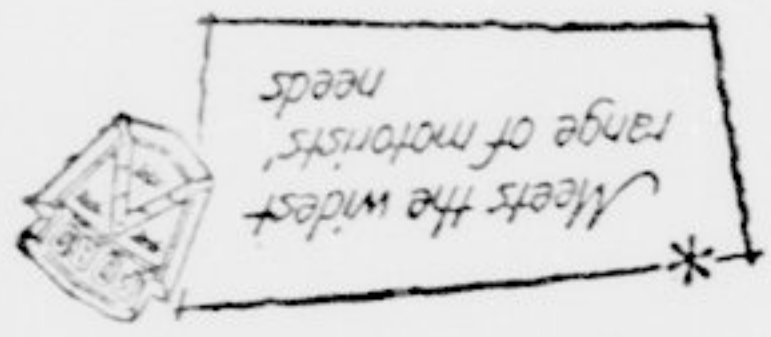
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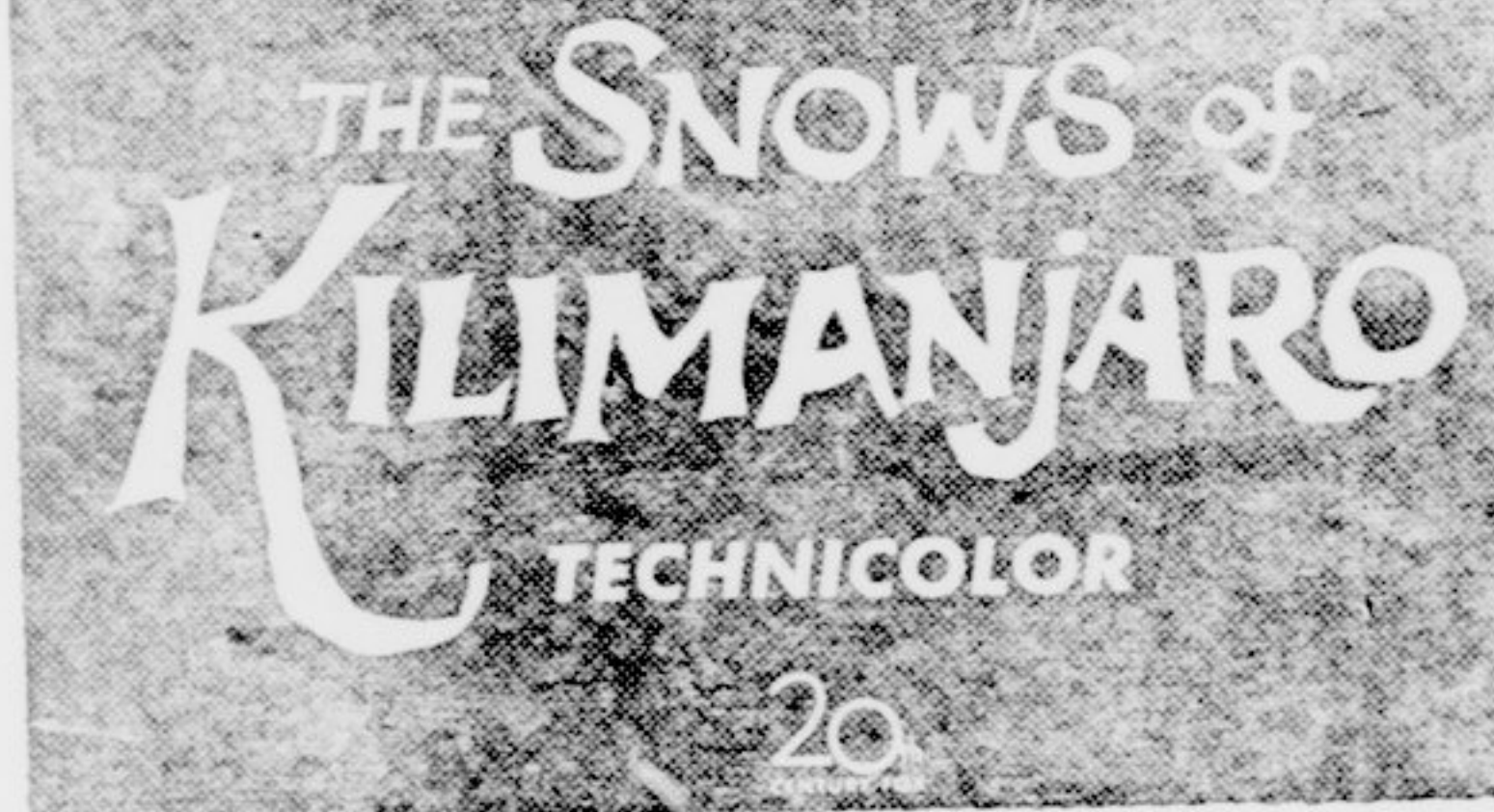
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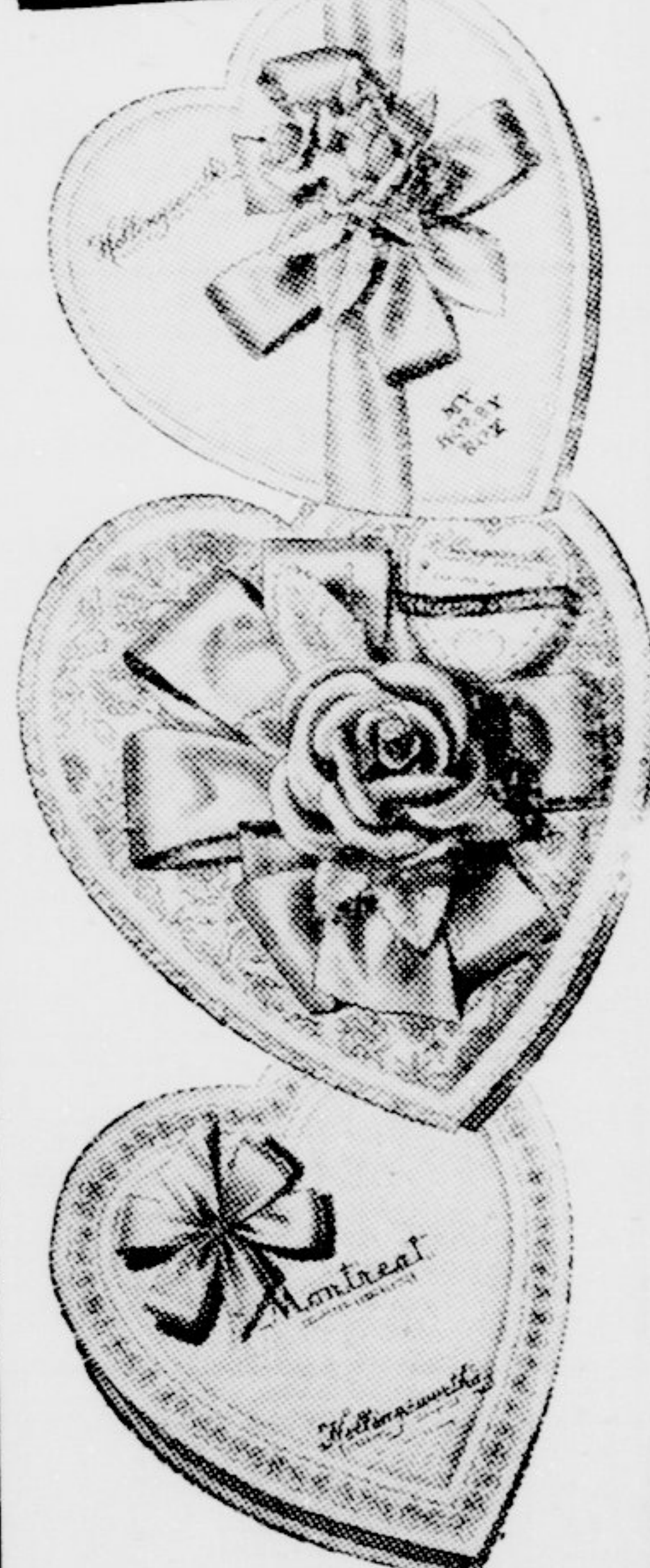
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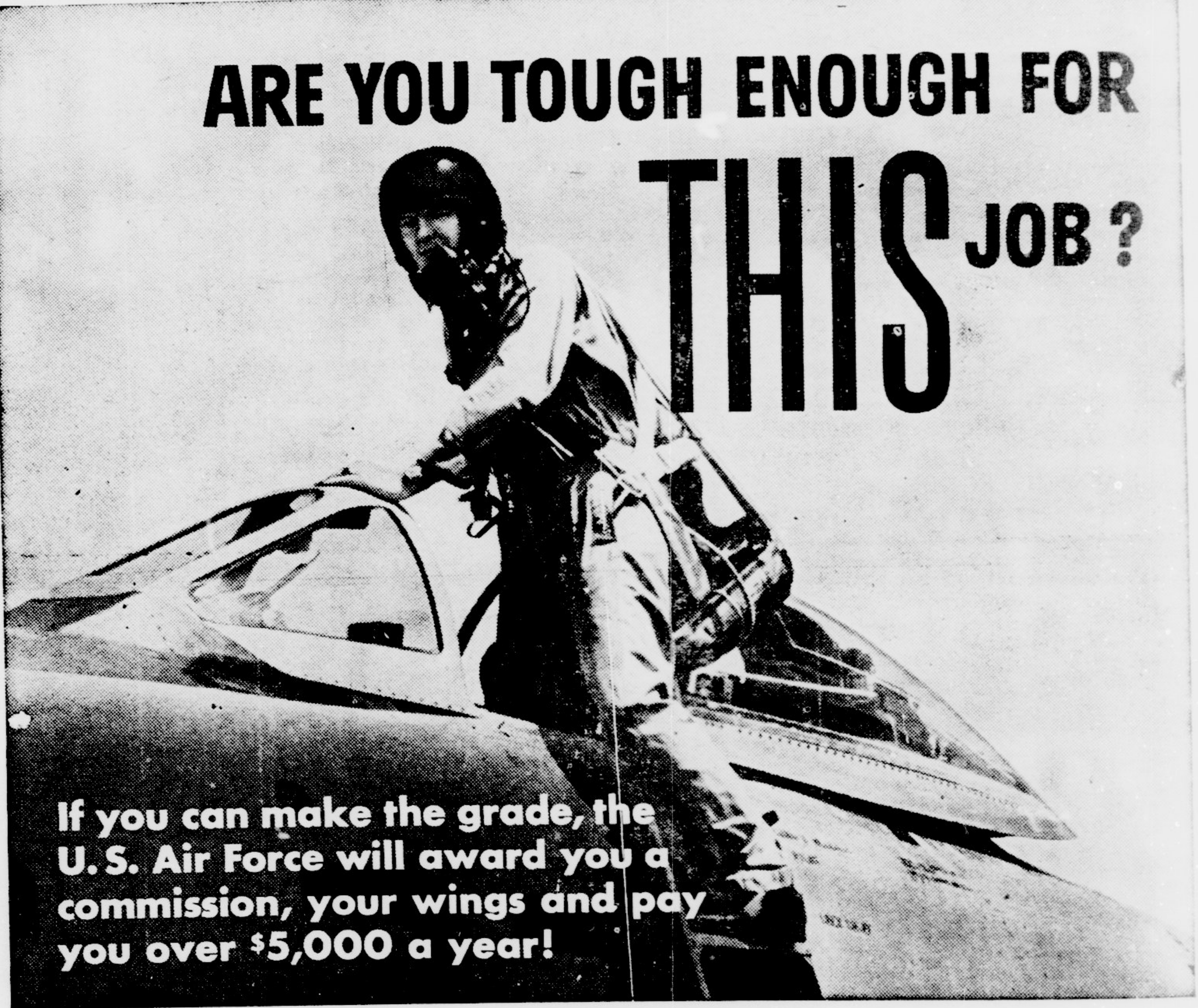
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3. Next, you will be given a written and manual aptitude test.
4. If you pass your physical and other tests, you will be scheduled for an Aviation Cadet Training Class. The Selective Service Act allows you a four-month deferment while waiting class assignment.

Where to get more details: Visit your nearest Air Force Base or Air Force Recruiting Officer. OR WRITE TO: AVIATION CADET HEADQUARTERS, U. S. AIR FORCE, WASHINGTON 25, D. C.



