

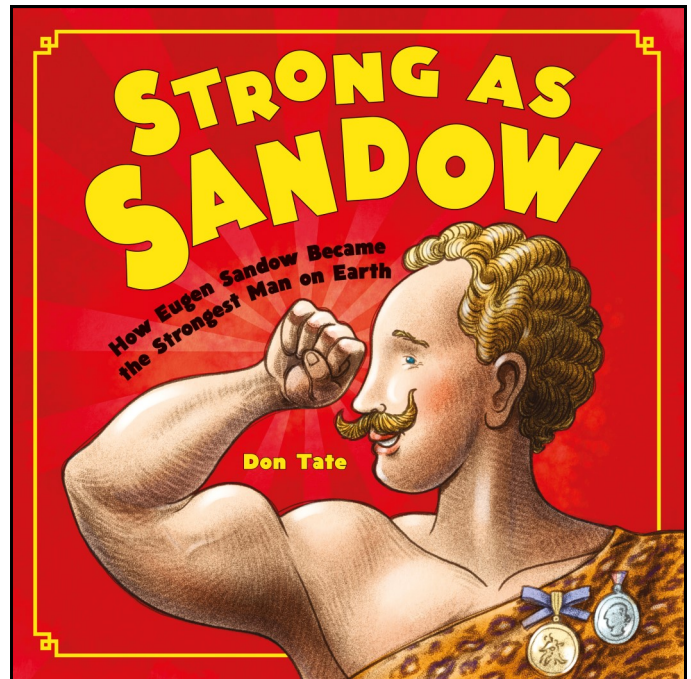
About the Book

Little Friedrich Müller was a puny weakling who longed to be athletic and strong like the ancient Roman gladiators. He exercised and exercised, but to no avail.

As a young man, he found himself under the tutelage of a professional body builder. Friedrich worked and worked. He changed his name to Eugen Sandow, and he got bigger and stronger. Everyone wanted to become “as strong as Sandow.”

Inspired by his own bodybuilding experiences, Don Tate tells the story of how Eugen Sandow changed the way people think about strength and made exercise a part of everyday life.

Backmatter includes more information about Sandow, suggestions for exercise, an author’s note, and bibliography.



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Aligned to the Common Core Standards for Literacy Reading Informational Text Grades 2–3

About the Author



Like Eugen Sandow, Don Tate believes it is important for everyone—especially kids—to stay physically active. A former bodybuilder and gym rat, Don exercises every day. Each morning he walks or runs. Several times a week he lifts weights, practices yoga, or swims laps. He tries to eat healthy, too, in spite of his love for hamburgers, doughnuts, and Twizzlers.

Don is the award-winning illustrator of many books for children, including *Whoosh! Lonnie Johnson’s Super-Soaking Stream of Inventions*; *The Cart That Carried Martin*; and *The Amazing Age of John Roy Lynch* (Eerdmans). He received the Ezra Jack Keats New Writer Honor Award for *It Jes’ Happened: When Bill Traylor Started to Draw* (Lee & Low) and the Ezra Jack Keats New Writer Award for *Poet: The Remarkable Story of George Moses Horton* (Peachtree Publishers), which he also illustrated. Don lives in Austin, Texas.

Visit Don online at dontate.com

The Delicate Days



1. Sandow was raised in Prussia. Where was Prussia and what contemporary countries are now in its place?
2. How did Eugen Sandow become “the Strongest Man on Earth”?
3. On page 5, Sandow’s friends are playing with a hoop and stick. How is this game played? Do you think this game is good exercise? Would it make young Sandow strong?
4. Why was young Sandow so obsessed with physical fitness?
5. What athletes influenced young Sandow?
6. Do you think Sandow’s education helped him become “the Strongest Man on Earth”?
7. On page 8, young Sandow is exercising. Name the movements he is doing and what muscles he is trying to work.
8. Sandow lived in what is known as the Victorian era. Why was it called that?

Stronger and Stronger



1. How did Sandow get started as a strongman?
2. Compare the barbells ten-year-old Sandow is lifting on page 9 to the ones twenty-year-old Sandow is lifting on pages 16–17. Guestimate how much more weight he could lift in ten years.
3. On page 18, Sandow is lifting huge barbells with one hand. Do you think they are real?

The Big Challenge



1. Sandow worked hard to become a strongman, but when did he become famous?
2. When Sandow accepted the challenge from Cyclops and Sampson, he tripped when he walked on the stage. Do you think he was a klutz? Do you think Cyclops and Sampson worried he’d best them?
3. Was Sandow happy with his fame?

Victory and Beyond

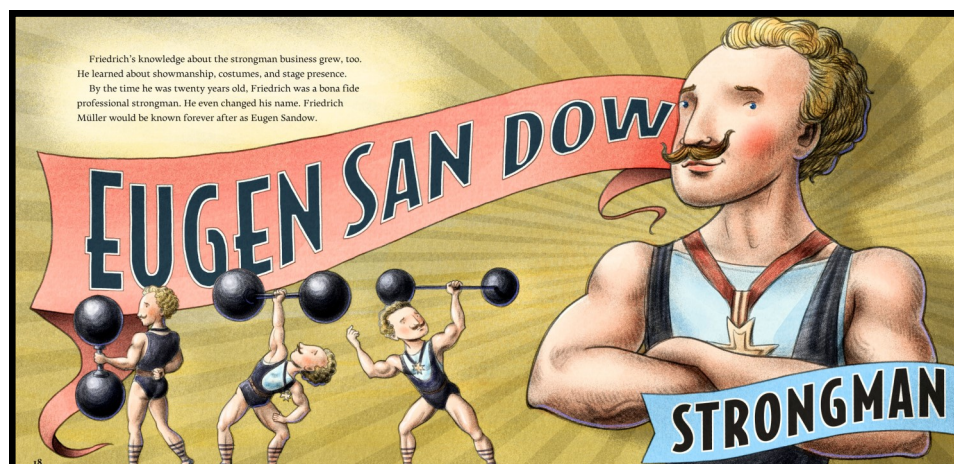


1. When Sandow became world famous, what did people call him?
2. How famous was Sandow? Who does author Don Tate compare him to?
3. What do you think about “the event of the century”? Was it real?

Home



1. Why do you think Sandow got so tired?
2. When Sandow went home to rest, he didn't stop working. What did he do?
3. Why do you think health and fitness was so important to Sandow?
4. Sandow developed a national physical fitness program in schools. Do you exercise in school?
5. Take a look at the exercises on page 37. Read Don Tate's description and practice these moves yourself. Are you getting stronger? (A downloadable version of these exercises is at the end of this guide).
6. Read Don Tate's own story in the “About the Author” section at the back of *Strong as Sandow*. Why did Don begin bodybuilding? What do you think he and Sandow had in common?
7. Do you want to get stronger?
 - Start with the exercise page at the end of this guide.
 - Show up for gym class and play hard, but play safe.
 - Join a sports team! Try whatever sport that interests you.
 - Check out the books and websites Don Tate used to research *Strong as Sandow*.
 - Check out the Youth Health & Fitness Foundation at yhffoundation.org for exercise and nutrition news and tutorials.



Be STRONG AS SANDOW

Life Is Movement!

Eugen Sandow believed it was important for everyone, especially kids, to stay physically active—to move! Here are some exercises that you can try at home. With each exercise, be sure to keep your back straight and your belly button tucked in—this will protect your back from injury. Try to repeat each exercise ten times. And don't forget to stretch first!

Push-ups

Balance on your hands and toes, keeping your back straight. Bend your elbows and lower yourself almost to the floor. Pause for a second, then push back up, straightening your arms. Focus on squeezing your chest muscles. Inhale as you go down; exhale as you push up.



Chair squats

Stand a few inches in front of a chair, with your feet apart and your toes facing forward. With your weight on your heels, bend your knees until you are in a sitting position—but don't sit down! Pause for a second, then return to the starting position. Inhale as you lower; exhale as you rise.



Calf raises

Rest one hand on a wall for balance, with your other hand hanging at your side. Rise up onto the balls of your feet. Hold for a second, squeezing your calf muscles, then lower to where you started. Exhale as you rise; inhale as you lower.



Arm raises

If you have a pair of light dumbbells, great. If not, use two water bottles or cans of soup. Stand with your feet apart and your knees slightly bent. Holding a weight in each hand, begin with your arms at your side. Slowly raise your arms until they are in line with your shoulders, palms facing the floor. Hold for a second, and return to where you started. Exhale as you raise your arms; inhale as you lower them.

