



# Klein's Bell

*Siegmund Klein*

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## **Klein's Bell** Siegmund Klein

Siegmund Klein's was a great all around lifter, hand balancer, muscle control artist, and was well-regarded as having one of the best body's of the era.

At a bodyweight of 148 lbs. he military pressed 221.5 lbs.

He also performed 17 tiger bends in a row! If you're not familiar with the move a tiger bend involves moving from a forearm stand to a handstand and requires tremendous shoulder and tricep strength.

This is the entire year and a half run from June 1931 to December 1932 of Sig's magazine Klein's Bell. It covers profiles on all kinds of strongmen, exercises, workout plans, a guest article section from Raymond Van Cleef on acrobatics, principles of training and so much more.

Here's a few quotes from Sigmund:

“Time and money spent in training the body pays a larger dividend than any investment.”

“The stronger the body the more it obeys, the weaker the body the more it commands.”

“The glory of a man is his strength.”

“Strength is first, last, and at all times the ability to do things.”

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